

FOR
WOMEN OF
STYLE
AND
SUBSTANCE

MORE

FEBRUARY
2015

VOL. 18
NO. 1

GET THE
HAIR YOU
WANT
TIPS TO TRY
TONIGHT

HOW
REAL WOMEN
REINVENT
106 SECRETS
TO STEAL

SKIN-CARE
MAKEOVERS
SMALL
TWEAKS, BIG
RESULTS

THE GAME-
CHANGING
POWER
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Cover photo: Ellen von Unwerth.
Stylist: Sascha Lilic; hair: Samantha Hillerby at Streeters; makeup: Mary Jane Frost at Jed Root using Flower Cosmetics; nails: Sharon Gritton at Factory; production: Lucy Watson Productions. Missoni macramé lace dress; missoni.com. Joubi 18k white gold ring with black onyx and diamonds; joubi.com. What Katie Did satin corselette; whatkatedid.com. To get Barrymore's look, try Flower Beauty Face the World Tinted Moisturizer, Luxury Lip Color in Apricot Blossom, Win Some, Rouge Some Cream Blush in Peach Blossom and Easy on the Eyeliner in Brown.

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THIS MONTH AT *MORE*

AND ON MORE.COM

Meet *More's* new contributing editors



AMANDA BROWN

As executive director of the National Women's Business Council (nwbc.gov), our entrepreneurship expert, Amanda Brown, advises the White House, Congress and the Small Business Administration on economic issues facing women in business, including access to funding and growth opportunities. She has also been the national political director for Rock the Vote, adviser for strategic planning in the U.S. Department of Energy and assistant to the director of the White House Office of Political Affairs.



MELISSA BIGGS BRADLEY

Before establishing the luxury travel company Indagare (indagare.com) in 2007, Melissa Biggs Bradley, our new travel authority, was an editor at *Town & Country* and founding editor of *Town & Country Travel*. Her globe-trotting started early: She spent a month in Australia at the age of 10, went on an African safari at 12 and while in high school lived in France for a year. At Indagare, Biggs Bradley and her team personally scout and review new, high-end destinations for the company's members.



SHEILA BRIDGES

Named America's best interior designer by CNN and *Time* magazine, home contributor Sheila Bridges (sheilabridges.com) is creative director of the eponymous interior design firm she founded in 1994. Her clients include entertainers, entrepreneurs, business executives and former presidents (she designed office space for the Clinton Foundation). She is the author of two books: 2002's *Furnishing Forward: A Practical Guide to Furnishing for a Lifetime* and *The Bald Mermaid*, a memoir published in 2013.



AMANDA HESSER

Amanda Hesser, one of our two new food and drink experts, is a cofounder of Food52.com, a kitchen and home website that was the James Beard Foundation's publication of the year in 2012. One of *Gourmet* magazine's 50 most influential women in food, Hesser has been a reporter at the *New York Times* and food editor of the *Times Magazine*. Her five books include two best sellers: *The Essential "New York Times" Cookbook* and *Cooking for Mr. Latte: A Food Lover's Courtship, with Recipes*.



MERRILL STUBBS

A graduate of the London culinary school Le Cordon Bleu, Merrill Stubbs, one of our two new food and drink experts, was a recipe tester for *Cook's Illustrated*, a private chef and a cooking instructor before teaming up with Amanda Hesser to found Food52.com. Formerly the food editor of *Herb Quarterly*, Stubbs has been published in *T Living* and *Edible Brooklyn*, among other publications. She worked with Hesser on *The Essential "New York Times" Cookbook*, which won a James Beard Award.



BETSY FISCHER MARTIN

Now a freelance journalist and media consultant, Emmy Award winner Betsy Fischer Martin (@BFischerMartin), our Washington editor, had a stellar TV career. As senior executive producer and managing editor of NBC News Political Programming, she directed political coverage across all NBC News platforms. She also spent 11 years as executive producer of *Meet the Press*, for which she produced in-depth interviews with presidents, first ladies, cabinet officials, heads of state and presidential candidates.

[illegible]

LETTER FROM
THE EDITOR



Let it go!

I AM WRITING this on a plane with my seat belt tightly strapped around my waist. We have just gone through what the pilot nonchalantly referred to as “a bit of chop.” Thankfully, this was nothing like the rock-and-roll turbulence I lived through two weeks ago on the way to Escape with *More* in Arizona. I had not experienced such a physical lack of control since, hmm, the last time I had a baby, and that was 19 years ago! As I’ve mentioned, I am not a happy flier. I am a triple type A personality with trust issues, and I hate placing my life in the hands of an anonymous person, however soothing his voice on the intercom.

Interestingly enough, when I talk to readers and friends, it becomes increasingly clear that much of what stresses us out on a daily basis is this battle for control. The struggle can be as macro as trying to make a boss or spouse “finally” do the things we need them to do in order to move our business or personal lives forward. Or it can be annoying in a smaller way, as when you try to get an airline to refund the charge for the extra legroom that disappeared when the pilot “changed equipment” at the last minute (American, are you listening?).

Though you’re at the mercy of your company and the major airlines, at home you can feel as if you’re in charge. For me, this takes the form of a spotless kitchen, crisply made beds and a clothes closet organized by color. Every morning my husband, who feels none of this urge for order, jokes that we have to hurry up and smooth our sheets, since the “bed police are right outside the door!” He doesn’t understand that I need to exert dominion over my home so I can walk out the door into an increasingly chaotic, often

threatening world. Many women must feel the same: It came as no surprise to me that after 9/11 the words *de-clutter* and *organize* suddenly became best-selling magazine coverlines!

But since *More*’s February issue is traditionally about reinvention, I have decided to reinvent my approach to control as of right now. When the guy in front of me leans way back and traps me in my coach window seat, I will meditate my way through the claustrophobia. (I tried that once and it worked!) When my husband and (grownup) son forget to do their chores at home, instead of fuming I will head to the gym. I hope some of you will join me in trying to get from triple A to just, well, A.

And speaking of changes, we’ve decided to give *More* a little face-lift—just sumpin’ to make it more luxurious and fresh. Still the same content you know and love, but with some new columns added and the visual presentation reimaged. Hope you enjoy it.

LESLEY JANE SEYMOUR
Editor-in-Chief

YOU BE MORE’S EDITOR—AND WIN \$10,000! I know you have an opinion about every page in the magazine. Now’s your chance to vent—by taking our online survey. It’s simple. After you’ve read this issue, just go to more.com/february-2015-survey and tell me what you think—and enter to win \$10,000. Please note: Complaints are as welcome as compliments. Really! Because knowing more about your reactions—whether positive or negative—is what helps me make the magazine better. For rules, see page 134.

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with a palette
of elevated natural
tones that look
chic, feel fresh and
flatter all

1

THINK LIKE A MINIMALIST

Simplify your routine with this day-to-night palette of ultra-wearable eyeshadows. "Their finishes range from matte to pearlescent, and the darker shades—chocolate and navy—can function as a liner," explains Hourglass makeup artist Moani Lee. To intensify the color payoff, spritz your shadow brush with water before dipping into the palette.

HOURLASS *Modernist*
Eyeshadow Palette in Graphite;
SEPHORA.COM.



2

**SHEER
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These shades appear bright in the tube, but “the lightweight formula makes them suitable for a wide range of skin tones,” says Shiseido artistic director Dick Page. Even better, they marry the staying power of a lipstick with the high shine of a gloss.

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SHISEIDO *Veiled Rouge*
in *Carrera* (top) and *Skyglow*;
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3 shades of grey

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may have been faced
with 50 shades
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but this season
we lust for only these.
Oh my!



1

FORGET THE RULES

Next time you find yourself walking into a “red room of pain” (as one does), do yourself a favor and wear these boots. If the point is to have him worship at your feet, at least give him something worthy to bow down to.

GUCCI *leather horsebit ankle boot*; GUCCI.COM.



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FASHION

2

YOU ARE MINE

What to do when you need to stash portable “toys” in a hurry? Listen to your inner goddess, who will gladly tell you that carrying this on your arm is not only handy but also a major power play. And then maybe you’ll be spanking *him*.

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3

BECAUSE I CAN

If only we had a nickel for every time we were pinned to the wall of an elevator, hands trapped above our head in his viselike grip. Wearing a ring like this will let him know that, indeed, size matters.

CATHERINE PREVOST
*agate ring with 18k white gold
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Shine on

Long gone are the days of utilitarian lighting. Give your space a wow factor in the form of this architecturally stunning chandelier

BY SHEILA BRIDGES



BRIGHT IDEA

The buzzword in home design these days is *customization*, and designer Lou Blass is happy to light the way.

Each of his sculptural fixtures is unique (he artfully welds together steel rods) and can be powder coated in your choice of 1,600 colors. "It looks space-like to me," he says. "After I made the first one, I Googled 'What do you call the beginning of a universe?' and it said *angular momentum*, which is described as a nucleus with unconstructed matter around it. I said, 'That's it!'"

ANGULAR MOMENTUM
chandelier, about 32 by 14 inches;
ADLIBANTIQUES.COM.



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HAIR SECRETS FROM AROUND THE GLOBE

Add old-world, all-natural indulgences to
your beauty routine with these tips and techniques
from international pros »

BY HOLLY CRAWFORD



“A LOT OF ANCIENT traditions are still used today because natural ingredients work—and even trump the new,” says Beverly Hills hairstylist Nick Chavez. These treatments, from Chavez and other jet-setting pros, don’t come with synthetic agents such as silicone to make them glide through hair. What they do deliver: a powerful moisturizing punch for all types of hair, including color treated, overly processed, dry and simply gray.

Mexico

ANCIENT ALOE ANTIDOTE

Chavez, who is of Mexican and Native American descent, picked up his favorite remedy, aloe, from his grandmother, who grew up on a reservation. “She didn’t have a store where she could buy hair products,” he says. “Instead, if she was having any

scalp problems, such as psoriasis, sun-burn or dry or itchy patches, she’d break a branch from an aloe vera plant and place several drops on the trouble spot.” Aloe, which you can find in plant form at a nursery or at some grocery stores (you can also buy pure aloe vera gel), is a known healing agent that “has been used in Mexico—and also the Philippines—for thousands of years. It has a great cooling effect to make the scalp feel better right away. Plus, it won’t make hair greasy. At the end of the day, it’s all old school,” says Chavez, who uses aloe and other natural ingredients in his namesake hair-care line, sold on QVC.

France

MAMAN’S METHOD

“A significant childhood memory is of my *maman* going to the kitchen cupboard every other night, pulling out a bottle of [cooking] oil and combing it into my and all my nine older siblings’ hair,” says French-born Lea Journo, owner of an eponymous Beverly Hills salon. “I would ask her why she put oil in our hair, and her response was, ‘Because it’s good for you.’ Voilà! Maman was right! My hair was always healthy and shiny, which sparked me to research and develop with my team the natural oil I use in my salon today. Revive French Plum Oil [\$65; sephora.com] has pure French plum oil [rich in vitamin E] from the southwest of France to penetrate and deeply moisturize both hair and skin. I’m paying homage to my *maman* and her mysterious bottle of oil!” No time for a full oil treatment? For a quick hydrating boost, add five to 10 drops to your shampoo. In a pinch, you can substitute olive oil, says Journo, but she’s found that plum oil penetrates hair strands more easily—and smells better.

Japan

SPARKLING WATER FOR SPARKLING STRANDS

“In Japan we have a saying: ‘A girl’s hair is her life.’ Hair and hair care are important to Japanese women,” explains Fumie Unosawa, a licensed aesthetician for DHC, Japan’s number-one direct skin-care company. “Recently,

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Use as directed. *In a 6-month placebo-controlled clinical study (n=404). **Based on mean hair strand diameter.

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Tansan Soda Spa Foam, a carbonated-water hair rinse, has become a very popular treatment in Japan, both in salons and at home. It helps dissolve pore-clogging sebum and dirt from the scalp and remove product buildup such as silicone and wax from hair, leaving the scalp and hair fresh. Cleaner roots lift more easily for greater volume, and the carbonation is also believed to help promote circulation for healthy hair.” Stimulating a head spa is easy: Pour any unflavored, clear carbonated water on the scalp and hair; lightly massage and shampoo as usual. Or mix shampoo and carbonated water in a small container and cleanse hair with the foam. Another option: Shampoo, condition and rinse as usual, then do a final rinse with carbonated water.

Madagascar

A TREE CURE-ALL

“For centuries, women in Africa have applied baobab oil to protect their hair and scalp from the harsh savanna environment,” says Diane Bailey, celebrity hairstylist, author and ambassador for the beauty brand Shea-Moisture. The oil is from the baobab tree, so essential to survival in the savanna that it’s been called the tree of life; it’s also the national tree of Madagascar. “The oil is light yet ultramoisturizing and rich in essential fatty acids and vitamins A, D, E and F,” says Bailey. “It helps minimize breakage and alleviate symptoms associated with dandruff and eczema while leaving hair soft. African and Malagasy women used this as an all-in-one natural hair elixir for shine, treatment and protection.” To do: Massage a few drops of baobab oil (at health food stores and amazon.com) into your scalp, working it through the length of your hair to the ends—or add a few drops to your favorite shampoo or conditioner for moisturizing and treatment benefits every time you wash or condition.

Puerto Rico

GOOD FATS = GOOD HAIR DAYS

“While growing up in Puerto Rico, where avocado trees are everywhere, I saw my mother, aunts and sister mash up avocados and put them in their hair for an at-home

conditioning treatment,” says Josué Perez, a celebrity stylist for Rowenta Beauty. “Puerto Rican women often have curly hair, which is typically drier than straight hair because its upper cuticle layer isn’t tight and flat and is prone to losing moisture.” Not to mention that heat and hot weather often cause the cuticle to open further and hair to frizz and feel dry and brittle. “The natural fatty oils in avocados replenish hair’s moisture, keep it healthy and make it look silky,” Perez says. “This is also great for African-American hair, which is dry and prone to breakage, because the nutrients and fatty acids will help strengthen it.” To create a mask, remove the pit from one ripe avocado (or two for longer hair) and mash the flesh. After wetting your hair, use your fingers to smooth the avocado from root to end. Leave in for 20 minutes (shower cap optional) to allow the oils to penetrate, then wash and rinse hair. “This is an easy way to replenish the natural moisture in your hair—free of the chemicals and additives in store-bought products,” Perez says. Avocado oil also works in place of the fresh produce. “It’s pretty much the same thing as a whole avocado, without the mess,” he says.

India

DE-STRESS WITH SAFFRON

“Saffron, the most expensive spice in the world, is known in India to repair and strengthen hair and encourage new growth,” says Indian-American global beauty expert Shalini Vadhera, author of *Passport to Beauty*. “In fact, the antioxidant-rich spice is considered one of the top treatments there for alopecia, an autoimmune hair-loss disease.” Bonus: Saffron helps relax a tight scalp, which is thought to hamper circulation and may slow hair growth. To turn the spice into a treatment, mix it with either coconut oil for hydration or neem oil for dandruff or an itchy scalp. Here’s how: Scoop two tablespoons of virgin coconut oil or neem oil (both available at Whole Foods) into a bowl and microwave it for a few seconds; then add a pinch of saffron. Stir well and massage it into your scalp and hair, concentrating it at the roots, and let it steep for 20 to 30 minutes. Then rinse with warm water and wash and condition

your hair. “I always do a double shampoo just to make sure I got it all out, but some women like to leave a little bit of oil in their hair for moisture,” Vadhera says. “Your hair will be shinier, softer, more manageable—and all-around gorgeous.”

Lebanon

CAFFEINATE YOUR COLOR

“Coffee and teas have been used to color hair for centuries, and in Lebanon they use coffee grounds to add richness and depth to their naturally dark hair,” says Lebanese-born Tarek El-Bjeirmi, a stylist at Houston’s Ceron Salon. “After the coffee is made, they put the grounds into a palmful of conditioner, then apply it to dry hair before lying out at the beach.” To enhance brunette hair color, once every three to four months apply the conditioning concoction while soaking in a steaming hot bath, or use a blow-dryer to warm it up for two or three minutes before rinsing. “Coffee is also full of nourishing antioxidants that help repair damage and benefit the scalp,” he adds.

Egypt

THE ROYAL TREATMENT

“Blackseed oil contains moisturizing fatty acids and antioxidants that improve the overall health of hair and protect it from damage,” El-Bjeirmi says. Made from the seeds of a plant called *Nigella sativa* and dating back to ancient Egypt, the oil was reportedly found in King Tut’s tomb and thought to be one of Cleopatra’s skin-softening bath potions. “It’s also an anti-inflammatory that will calm an itchy scalp,” he says of the cure-all, which smells slightly spicy, like pepper. A monthly deep-conditioning treatment with the oil will strengthen hair and leave it lustrous. To do: Depending on the thickness of your hair, rub five to 10 drops of blackseed oil (available on amazon.com) between your palms, then rub it into your scalp and work it down the length of hair. Let it sit for five minutes before shampooing. ☉

HOLLY CRAWFORD is a freelance writer based in Houston. @HollyCrawford

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BEAUTY VOYEUR

THE PERKS OF A MORNING MESSAGE “There are so many good foundations and blushes, but the best makeup tip I’ve learned is to massage the skin with a moisturizer [before you apply your makeup] to get the blood flowing. The pros do this on set, particularly if I am filming in the morning. This wakes up the face and makes the skin appear fresher.”



LIP COLOR SHE LOVES “I just finished filming a movie with Rooney Mara called *Carol*, set in the 1950s, and I wore a red lip a lot—a look I’ve always liked.”

SKIN-CARE DEVOTION “I believe the key to good skin is consistency. I do love fashion, but not when it comes to skin care. I’ve been using the same brand, SK-II, for 12 years now, long before I was its ambassador, and I believe that’s made all the difference.”

IN-FLIGHT SKIN SAVERS “I pack an SK-II Eye Mask and a Facial Treatment Mask [\$115, \$95; shop.ski-ii.com]; they are hydrating and feed the skin. Of course, whether I can actually use them depends on how many of my kids are with me.”

THE LOOK SHE ADORED “I loved playing Bob Dylan [*I’m Not There*]. I wore no makeup at all because men’s skin is more uneven, and part of looking masculine was to let any imperfection be apparent.”

HAIR HIGH POINT “I liked my hair best when it was short; it was so easy. But one of my favorite styles ever was at last year’s Academy Awards [when my hair was shoulder length]. I felt at ease. The style lasted but it wasn’t stiff.”

HAIR-CARE MUST-HAVES “I use products from Philip Kingsley; one of my favorites is the Elasticizer [\$48; philipkingsley.com]. Any chance I have in New York or London, I go to his clinic to get a scalp treatment.”

ON OVERTHINKING AGING “People do talk about aging and appearance an awful lot. And it’s not just actresses who deal with this. The world is completely obsessed with it. In some ways, it is just as difficult for a mother of two in Milwaukee as it is for an actress. Perhaps [for actresses] there is more scrutinizing—and we get commented on more. But I don’t read those things. What’s the point? If my husband thinks I look good, that is what I care about.”

Cate Blanchett

ACTRESS / INTERVIEW BY GENEVIEVE MONSMA

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STYLED BY JONNY LICHTENSTEIN

SHEATH SAVVY

There's an emerging trend in fashion: norm-core, which is short for "hard-core normal."

It's an aesthetic that describes clothes that are more functional than fantastical, says

Stephanie Solomon, vice president and fashion director at Lord & Taylor, and although it often refers to basics like khakis and button-downs, same goes for dressier versions. What women want? A workhorse, like this fit-and-flare LBD in heavy jersey. An underlayer with plissé details peeks out, providing just the right amount of surprise.

SPORTMAX jersey dress;
212-674-1817.



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FASHION

FROCK FINESSE

This is not your ordinary tank dress—but it is built like a tank. The spongy, technical mesh fabric creates a kind of architecture, and wearing it is akin to donning fashion armor. “Women are revolting against over-embellished, brightly colored, hard-to-wear clothes,” says Solomon. Your eyes are fooling you: That’s no sweater tied around the waist but rather an attached sash, which you can cinch a little or a lot.

TER ET BANTINE
wafer-mesh gown; PEOPLES, 404-816-7292.





COAT TALE

This three-quarter-length topper is made of indestructible wool gabardine. It looks best over leggings or crisp skinny trousers and gets a style assist from a pleated interior panel that hangs long on one side. Note the asymmetry: From one angle it looks like pants, from another like a skirt. A clever play on the duality of masculine and feminine, we think.

MM6 MAISON MARTIN MARGIELA wool coat; 646-664-1655. **MM6 MAISON MARTIN MARGIELA** cotton button-front shirt; 646-664-1655. **TSE** cashmere pants; 212-925-2520. **MM6 MAISON MARTIN MARGIELA** PVC loafers; 646-664-1655.

AFICIONADO

IN HER CLOSET



One woman, two wardrobes

TONYA LEWIS LEE

"I LOVE these shoes," Lee says of her purple Stella McCartney loafers (right). "I call them my ruby-red slippers because they always bring me good luck. When I wear them with a blazer and my Céline bag, I know I'll make a deal that day." The Cartier Panthère necklace "makes me feel strong," Lee says. "When I wear it, I know no one is going to mess with me."



LEE CALLS leggings with blazers her work uniform but admits a formfitting dress "is feminine and powerful." A frock by designer Victoria Beckham (left) is spot-on. The vintage Cartier ring (below, resting atop the MADE IN NY medallion) was a gift from her husband; the pearls are a sentimental favorite.



"THERE ARE NO ballet flats in my closet!" says Tonya Lewis Lee, thrusting under my nose an oxford lace-up with a sole like a car tire. Standing before me in black leggings and a black structured blazer, Lee says the shoe is the finishing touch on her "get-it-done look." The all-black outfit is her uniform; it has a slightly masculine vibe, and I tell her so. "It makes me feel strong, most like myself," she says. I reach behind her and pull out a skimpy turquoise sheath with sheer inserts. What's this, Ms. Tough Stuff? "Oh, I do love that," she coos.

Hers is a tale of two closets: By day she's a kick-ass producer and advocate (her latest film is *The Giver*, her website HealthyYouNow.com); by night she's often on the red carpet with her husband of 21 years, director Spike Lee. For her, clothes are about getting the job done, and sometimes that means dressing the part of the hot other half. She has no qualms about straddling a style divide. "I mean, *come on*," she says. "Who doesn't love a little drama?"

Case in point: her eclectic closet, where a rack of tailored jackets rubs shoulders with a collection of precious evening bags. There are loafers, and there are sky-high stilettos. She goes for the look, not the label, she insists, but what of this top-handled Gucci bag, emblazoned with a giant Yankees logo? "Spike gave that to me years ago," she says. "I've never worn it, but I keep it on a shelf in my office. It's just so *him*."

Lee is clear on who she is and how she presents herself. "I've gotten to know my body and what it is I want to get done," she says. Anything she'd never wear? I ask. "A maxi dress. I put one on one day, and both my husband and my gay husband said, 'Burn that.'" —SUSAN SWIMMER

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Hoteliers as hosts

BY MELISSA BIGGS BRADLEY

MEET THE LATEST breed of hotelier: owners who don't just welcome you to their resort but also share a bit of their personal lifestyle. They fell in love with destinations and built themselves highly individual properties that they then opened to paying guests. Thanks to their vision—and deep pockets—these hosts have created escapes with serious soul and personality. They provide not only immersion in a culture but also every comfort and activity one could desire.

Howie's HomeStay in Chiang Mai, Thailand (above), is the dream house of American expat Howard Feldman, an importer-exporter, and his Thai wife, Jerri. Set on five acres, the guest property has six rooms filled with Asian art and artifacts, and the Feldmans share their local connections, and often their table, with visitors. In the 1990s, hedge fund titan Julian Robertson bought a home in New Zealand, then added a golf course and guest cabins to create Kauri Cliffs; he now has three Kiwi lodges, all run by his son. Financier Jim Manley dreamed of owning a ranch, and when he finally

found the ideal spot in Montana, he outfitted it with 21st-century amenities. He and his family spend their vacations there with guests who come for the fly fishing, riding, hiking and year-round spoiling. The founder of Red Bull, Dietrich Mateschitz, bought Malcolm Forbes's private island in Fiji, up-

graded the plantation house and added beachfront villas. He even shares his world-class boat fleet with guests. Closer to home, well-known interior designer Celerie Kemble and her husband, Boykin Curry, turned their favorite beachfront spot in the Dominican Republic into the Playa Grande Beach Club. Guests stay in three-bedroom cottages decorated by Kemble in a breezy, tropical style, and everyone gathers for meals in the dining room and sometimes for after-dinner games. ●

MELISSA BIGGS BRADLEY is founder of the travel site indagare.com.





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The heat is on

BY AMANDA HESSER AND MERRILL STUBBS

THE GREATEST change in mainstream American food over the past decade is that restaurant chefs and home cooks alike have embraced heat as a fundamental seasoning—one they’re adding, via hot sauce, ground chiles and pastes, to familiar recipes to give them greater dimension. That’s why you’ll now find ground ancho chiles mixed into salad dressing, red pepper flakes sprinkled onto avocado toast and hot sauce dotting fresh slices of crudo.

Sriracha has been the ubiquitous medium of choice for our infatuation with heat, but of late it’s been pushed aside by Mike’s Hot

Honey, a Brooklyn-made, politely aggressive blend that’s punctuated with fiery sparks from chiles. Mike’s Hot Honey (you can find it at food52.com) made its debut a few years back on pizzas at Paulie Gee’s in the same borough. It’s especially good on white pizza (see the example above), but you can squeeze it on pretty much anything. Drizzle a little on cured ham, into dressings, on fresh melon, in a spice rub, on coffee ice cream and over fresh-from-the-oven morning biscuits. And when no one’s looking, you can just squeeze some onto a spoon and eat it plain. We promise not to tell. 🍯

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Campari shandy

BY AMANDA HESSER AND MERRILL STUBBS

FOR FAR too long, nearly everyone else was mixing beer into cocktails. In Mexico they have the *Michelada*, beer with lime and hot sauce. In England they drink the shandy, an everyday pub item that blends beer with British “lemonade” (what we know as lemon-lime soda). Meanwhile, in the U.S., we’ve been treating beer as a monolithic genre with its own menu, its own glassware, even its own snacks.

But as craft beers and cocktails have both gained massive followings in recent years, it was only a matter of time before they’d spill onto each other’s turf. Mixologists, who tirelessly seek new frontiers—making their own bitters, aging their own spirits, curating their own ice cube shapes—have finally turned to beer as a handy medium for their cocktail inventions.

We’ve seen variations on the *Michelada* and the shandy, as well as on seasonally inspired bourbon and cider cocktails. And what we found is that beer grounds a cocktail and also offers up notes of bitterness, spiciness and flavors as diverse as toast and citrus, which are not easily come by in the usual array of cocktail mixers.

Our favorite beer drink so far is the **Campari shandy** from Delancey in Seattle. Made with Campari, a lager and lime, it’s bright and unapologetically bitter, thanks to the Campari, and is the color of a fresh cherry. (You can find the recipe—the Maraschino cherry is optional—on food52.com.) It’s a hearty cocktail that keeps you alert and refreshed. Just what we plan to drink all winter long. ☺

AMANDA HESSER and MERRILL STUBBS are cofounders of the website dedicated to all things kitchen and home, food52.com.



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ARE YOU NETWORKING ALL WRONG?

I'VE BEEN CEO of both public and private companies, and I serve on several venture capital advisory boards. So I know that fostering relationships is a huge part of building—or starting—a business. But there are three mistakes I see women make over and over when it comes to networking.

WE MAKE FRIENDS, NOT CONTACTS At the Women in the World Summit two years ago, Charlie Rose asked Madeleine Albright why more women weren't in powerful positions. She said, "Because they make friends, they don't network. Men network and don't make friends." Part of the reason is our nature: We want people to like us. But the bigger issue is that we aren't as comfortable asking for what we need. We're too worried about rejection.

WE ARE IN THE WRONG ROOM Most networking groups are a waste of time. If there isn't someone smarter than you or who can provide you with the resources you need to solve a problem (such as getting funding for your new business), you're in the wrong place. Where should you turn? Groups that target people in multiple industries, such as Alley to the Valley, can be full of influential women who want to connect.

WE AREN'T STRATEGIC Write down the names of 50 close contacts, along with their industries. Often women know many people in the same work arenas, with the same passions. Those people have access to the same contacts and resources you do. It's the weaker links—those found outside your circle and industry—that offer the most knowledge and opportunity. —JUDY ROBINETT

JUDY ROBINETT is the author of *How to Be a Power Connector* and an adviser to Springboard Enterprises, a nonprofit that helps female business owners find growth capital. @JudyRobinett



Four tips for launching a successful business

BEFORE BECOMING head of the U.S. Small Business Administration (SBA), Maria Contreras Sweet founded a consulting company, a venture capital firm and a commercial bank. So it's no surprise that her passion lies in encouraging women to dive into entrepreneurship. Here are her tips for getting your new business off the ground.

1

CREATE A NAME THAT WILL OUTLIVE YOU

"If you are starting something that one day may be publicly traded, don't use your own name. Look at Apple—the name is not tied to one person. It's more an institution, which has durability on its own."

2

DON'T HAVE AN IDEA; HAVE A PLAN "When trying to find capital, if you have a strategic plan—including a marketing, financial and operational outline—people think, This is a serious person. The SBA has Women's Business Centers, where executives offer free

advice to women entrepreneurs." (Find one at sba.gov/tools/local-assistance/wbc.)

3

GET CERTIFIED AS A WOMAN-RUN BUSINESS

"The federal government has a goal to give 5 percent of its contracts to women-owned small businesses. Similarly, the SBA directs 23 percent of federal contracts to small businesses, which can provide stability when the economy is up and down." (Apply at sba.gov/content/women-owned-small-business-wosb-program-certification.)

4

KEEP THE COMPETITION CLOSE "When concentrations of interconnected industries cluster in the same area, they all do better. Silicon Valley is an example. Apple is based there, then Facebook and Google moved in, and there's a university close by. The supply chains build around the companies, creating an ecosystem with a lot of opportunity." —BEE SHAPIRO

13 %

Percentage by which women are more likely than men to meet their goals on the crowdfunding site Kickstarter, according to a study from the University of Pennsylvania.

Why you should be a lazy investor

SURPRISE: Investors who make the fewest trades earn significantly more than those who make the most. These “lazy” investors incur lower trading expenses and are less likely to unload stocks in a panic. In fact, the world’s most successful portfolios—those developed by Nobel Prize winners, top university endowment funds and professional economists—all limit trading.

Here’s how to build a hands-off portfolio

1

UNDERSTAND THAT THE MARKET HAS ALWAYS GONE UP OVER TIME

The money you won’t need for 20 years or more belongs in stocks. Even if we have another big dip, like the one in 2008, your investments should have time to recover. Figure out how much you want to put into the market for the long term—and then ignore it.

2

CHOOSE LOW-COST INDEX MUTUAL FUNDS OR EXCHANGE-TRADED FUNDS

The less often you trade and the lower your investments’ annual cost, the better you’ll do, because your profits won’t get sucked up by fees. “It’s not what you make; it’s what you keep,” says Delia Fernandez, a financial planner and investment adviser in Los Alamitos, California. Buy index

funds that have low fees; Vanguard’s Total Stock Market Fund charges less than one fifth of one percent each year.

3

SELECT THE RIGHT MIX Holding a wide variety of stocks will soften the impact of market downturns and lower your temptation to trade. Owning just three or four broadly diversified mutual funds can spread your bets across more than 20,000 stocks and bonds. Use the calculators available at discount brokerages like Fidelity, Schwab and eTrade to make sure your mix is well planned.

4

DON’T RELY ON ADVISERS TO MAKE

YOU MONEY They simply can’t—at least not consistently—and their attempts to do so with frequent trades will rack up fees. Instead, ask an adviser for help with complicated issues, such as starting a business, or for advice on tapping retirement funds.

5

DON’T SET IT AND FORGET IT Being lazy doesn’t mean never checking in. Twice a year, make sure the percentages of your portfolio in stocks, bonds, cash and other assets reflect your original investment strategy and tolerance for risk. Then make only those trades you need to bring your mix back in line. —LIZ WESTON



SAYING NO IS BAD FOR BUSINESS

YOU’VE PROBABLY heard this advice: “Women need to learn to say no” or “What you say no to is more important than what you say yes to.”

But recently I was on a panel with international economist and author Dambisa Moyo, and her advice was the exact opposite. She urged women to “say yes. Say yes to everything.” That’s because you never know when a great business opportunity will arise—but it almost certainly won’t happen when you’re home watching *Breaking Bad* reruns.

I learned that the hard way a few years ago when I ran into an old acquaintance. When he saw me, he smacked himself on the head, then told me about a business initiative he’d just worked on that I would have been perfect for—if he’d thought to call me.

This wasn’t a man I’d met once or twice. Back in the day, he tried to hire me a couple of times. But as the saying goes, “Out of sight, out of mind.” I hadn’t done a good enough job of keeping in touch or being in places where I might run into him. And it cost me an important business opportunity.

Now I say yes more but in moderation. I drop by the cocktail party but don’t stay long. I connect with others but sometimes by phone instead of in person. I send out numerous “Hi, how are you?” emails. Often the reply is “Great. You?” But once in a while, it’s “So glad to hear from you. It just occurred to me that I have an opportunity you might be interested in . . .” —SALLIE KRAWCHECK

SALLIE KRAWCHECK is the owner of the women’s networking community Ellevest and former president of the global wealth and investment management division at Bank of America. @salliekrawcheck

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Be sure to consider all your available options and the applicable fees and features of each before moving your retirement assets.

Keep in mind that investing involves risk. The value of your investment will fluctuate over time and you may gain or lose money.

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HOW TO PROTECT YOUR MEDICAL IDENTITY

ALMOST 44 PERCENT of all data breaches in 2013 involved records kept by doctors' offices, hospitals, pharmacies and health insurance companies. Hackers are after the small bits of data (like birth date and policy number) your medical files contain; that information, along with payment details, makes these records even more lucrative on the black market than your credit card number. There's no central location to report medical theft, so stopping thieves can be like a pricey game of Whac-a-Mole: The 36 percent of victims who incurred expenses paid an average of almost \$19,000 for legal counsel, identity protection and health care bills racked up by the thieves.

TO PROTECT YOURSELF Check the Explanation of Benefits (EOB) documents you receive from your insurer and call your health care provider about any inaccuracies, such as a visit you didn't have. Some discrepancies are harmless; the owner of the practice might just have a different name than your doctor. Medical debt may appear on your credit report, so check yours every four months. Treat your insurance card like a credit card: Report its loss right away and request a new ID number.

IF YOU'RE A VICTIM Call your insurer if you uncover an error in the EOB; if the error is in your credit report, call the company declaring the medical debt. Then file a complaint with the Federal Trade Commission, which will provide an affidavit. Use the affidavit to file a police report. The report proves to your health care providers that fraud occurred. Your goal is twofold: to stop the thieves from using your information to pay for their own medical care and to correct any compromised records (you don't want someone else's blood type or history in your files). For more help, call the Identity Theft Resource Center at 888-400-5530. —LAURA SHIN

Fitness trackers worth wearing

1 — THE ENTRY-LEVEL EXPERT Clip Jawbone's Up Move onto your bra or belt loop—and forget about it. This quarter-size device is a simple but accurate step and sleep tracker with fun features, such as the ability to compete with friends. One drawback: It can't distinguish between different activities. **\$50; jawbone.com**

2 — THE MIND READER Jaybird's Reign wristband measures the time between your heartbeats and alerts you when your body is ready to begin an intense workout. Once you start moving, Reign automatically knows what type of exercise you're doing. **\$200; jaybirdsport.com**

3 — THE PERSONAL TRAINER When synched with downloadable apps for walking, running, swimming, cycling and kickboxing, Moov becomes an aggressive coach that guides you through interval workouts and critiques your pace and form. The device is bulky, so it's best worn only during serious exercise. **\$80; moov.cc**

4 — THE MINDFULNESS INSTRUCTOR Spire's sleek, stone-shaped activity tracker, which must be worn directly against your torso, also monitors your breathing patterns and suggests meditation exercises when it senses you're tense or unfocused (iOS only). **\$149; spire.io** —ELISE CRAIG



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VOICES

IN HER WORDS



PIPER KERMAN

WRITER, REALIST, FELON / INTERVIEW BY SHARON COTLIAR

PEOPLE WILL SURPRISE YOU

“On my first day in prison [for money laundering], I was really, really scared. When I was put into the unit in which I would be living, the women began to approach me. They said things like, ‘Do you need some toothpaste?’ ‘Do you need some shower shoes? There’s a wicked foot fungus in those showers.’ ‘Do you want me to make you a cup of instant coffee? You are quaking.’ The last thing I expected on my first day of prison was to experience kindness at the hands of my fellow prisoners.”

YOU CAN LIVE WITHOUT ALMOST ANYTHING

“Incarceration will teach you that. But books and letters, a pen, a pencil—those are very important.”

THERE ARE WORSE THINGS THAN FAILING

“As I think about all the things that I’ve done since I came home from prison, any time that I was really, really scared and really afraid to fail or to look stupid, or that it would be a disaster, I could sit and say, ‘You know what? No matter what happens, it can’t be worse than prison. Let’s go for it.’”

FIND PLEASURE IN CONSISTENCY

“My day-to-day life is very busy—very, very busy—but not dramatically different than it was when the book came out. I live in the same apartment that I came home to in 2005. Every now and then, I’ll have a really lovely experience with somebody—when I’m in Sephora and the gal runs my credit card and looks at it and says, ‘Oh my gosh! I read your book! I love the show!’ It’s completely thrilling.”

SOMETIMES GOOD PEOPLE MAKE MISTAKES

“I’ve thought about what I’ll tell my son about prison. He will hear from me that not all people in jail are bad, though they may have done bad things. He will hear from me that jails don’t really make people better. They don’t necessarily make us safer.”

THE MOST IMPORTANT SURVIVAL SKILL . . .

“... is the ability to find common ground with other people. That is the thing all of us will need time and time again.”

NEVER WEAR ORANGE

“I do like the color orange. Before I went to prison, I would wear it. I think it’s an energetic, creative color. I do not wear it any longer.”

PIPER KERMAN IS THE BEST-SELLING AUTHOR OF **ORANGE IS THE NEW BLACK**, WHICH INSPIRED THE HIT NETFLIX SERIES. KERMAN IS WORKING ON A NEW BOOK ABOUT THE CRIMINAL JUSTICE SYSTEM. SHE LIVES IN BROOKLYN WITH HER HUSBAND, LARRY SMITH, AND THEIR SON. @Piper

This interview has been edited and condensed.



WENDY WESTON

FROM: Figure-skating coach



TO: Luxury picnic planner

Wendy Weston was a skating prodigy who competed against (and sometimes beat) Nancy Kerrigan when they were preteens—but as an adult she found that what she really loved was coaching. “Choosing a skater’s music, costumes and every move was like making a painting,” recalls Weston, who lives in New York City. Still, after two decades on the job, she found herself uninspired and looking for new creative outlets.

In 2006 she traveled to Italy’s Amalfi Coast with her best friend. Every day they looked for specialty food shops so they could pack a picnic. “I was like, ‘Why don’t people do this more in the States? People *should* do this more in the States!’” she says. The idea for Perfect Picnic (perfectpicnincnyc.com) was born.

Weston came back from vacation—and got pregnant. She and the father had been on and off for more than 10 years, so she knew single parenthood lay ahead. At first that precluded a business start-up. But a few years later, in 2010, Weston turned 40 and decided to do what she had long trained herself and others to do: “I was like, ‘One, two, three—jump!’”

To support herself and her daughter, Weston kept up her lucrative work as a skating coach, earning \$100,000 annually for a 28-hour week. She had \$30,000 in savings to put into the new business; she raised another \$30,000 from minor investors.

Weston’s menu offered exactly one item: the Classic Picnic, a European-style lunch that, for \$14 per person (now \$16), offered two specialty meats, two local cheeses, olives, homemade fig jam, a fresh baguette and sea-salt caramels, all wrapped in a red-and-white-checkered cloth. She sublet a Manhattan storefront for June through September and hired a few helpers.

Just as Weston was thinking, Uh, maybe

How a vacation fantasy became a business

As a skating coach, **Wendy Weston** was used to taking leaps. But leaving the career she once loved to chase a brand-new dream—that was the biggest leap of all **BY AMANDA ROBB**

I should do PR or something?, her business was recommended by UrbanDaddy.com, a website that lists what is new and amazing in major cities. In four months Perfect Picnic earned \$40,000—against expenses of \$45,000. That trial period proved two things, says Weston: “There was a market for my product. And I needed a business coach.”

She knew no one suitable. But a colleague at the rink taught the daughter of Princeton Review founder John Katzman and arranged for Weston to meet him. Katzman, she learned, believes being an athlete is perfect training for being a businesswoman. (Jocks know how to fall down and get back up. And they regularly attempt the seemingly impossible.) He agreed to coach her, free of charge.

Meanwhile, Weston had realized that her menu needed to expand. “About half the population wants a sandwich,” Weston says. “I had to get over my anti-sandwich thing.” She added the American Picnic, featuring mini sandwiches she trademarked as Baguetinis. She also bought, for about \$1,500

on Craigslist, three big delivery tricycles.

Physical exhaustion remained Weston’s biggest challenge. “I’d skate all morning, rush back to make up the picnics, then load them onto the tricycle, basically throw my daughter into a bag on my back and pedal five miles.”

After one delivery, Weston—very sweaty—met with Katzman. “You need to get off the bike, Wendy!” he said. Even with \$100,000 in sales that season, Perfect Picnic still was not quite breaking even. Katzman told her why: She needed to be the company’s CEO, not its sweaty micromanager. Weston knew in her aching glutes that he was right.

“I needed to create higher-priced products and flawlessly deliver them,” she says. “I couldn’t do that and still teach skating.” In early 2013, Weston quit the rink. She couldn’t yet pay herself a salary, so at the same time she was coming up with a \$350 picnic (fresh fruit, prosecco, pâté and a butler standing discreetly nearby), she went on food stamps and worked the door of a buddy’s nightclub.

It was all worth it. In spring 2013 she hired a creative director, Nicole Cataffo, who was key to developing new upscale offerings. That fall, Perfect Picnic, delivering in Manhattan and partnering with the Carlyle and Waldorf-Astoria hotels, first turned a profit. In 2014, sales hit \$500,000 and Weston began taking a salary—“not what I made at the rink, but close.”

Today Perfect Picnic offers everything from the original European lunch to corporate picnics to a \$20,000 deal involving a seaplane to the Hamptons and a butler serving lunch on a pristine beach. (Hiring the seaplane was easy; getting the beach permit was really hard.)

Weston now feels almost ready to expand the business through franchising, an investment partnership or a combination of possibilities. Almost ready. “The business is like a child,” Weston says. “I’m thrilled to see her grow, but it breaks my heart to let her go out into the world without me.”

AMANDA ROBB, a New York-based journalist, contributes frequently to *More*.

GOOD TAKEAWAY FROM HER FIRST CAREER

SPORTS TRAINING IS BETTER THAN AN MBA BECAUSE . . .

“An athlete never believes, I can’t. If a move or a play isn’t working, she thinks, How can I? How do I?”

HER BIGGEST SURPRISE

“Making, delivering and cleaning up picnics is as tough a workout as figure skating.”



HOW SHE RETHOUGHT HER MISSION



My new life with a baby was wonderful. But I was also irked with myself. I was letting being ‘a single mother’ limit me. I was accepting that because I’m a woman, and I have to support my kid, and I’ve made my own choices, I can’t follow my dream. What kind of message is that for a child?”

PRESENTATION, PLEASE For Weston’s upscale customer, the food has to look as good as it tastes.



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Smashing Hollywood's glass ceiling

Ava DuVernay, director of *Selma*, learned it's not easy being a black female director even when you're an award winner **BY MARGY ROCHLIN**

In 2012, writer-director Ava DuVernay became the first black woman to take home the Best Director prize at the Sundance Film Festival. Her movie: the elegantly drawn, micro-budget drama *Middle of Nowhere*. Since then, the Los Angeles-based DuVernay, 42, who got her start in the business as a publicist and marketer, has become a gleaming symbol of hope for aspiring filmmakers. Her message: It doesn't take millions to make a great flick; it takes talent, grit and confidence in the stories you want to tell. Now

DuVernay has her first big-budget film, and Oscar buzz, for *Selma*, about three seminal months in the life of Martin Luther King Jr. Here, DuVernay talks about playing in the big leagues—and the hard realities that come with breaking boundaries in Hollywood.

Can you describe the moment you decided to stop being a movie publicist and commit yourself to full-time filmmaking?

I got a call to do [publicity] work for the movie *The Help*. I schlepped down to

Mississippi, and I was standing in a cotton field talking to the press about a man's movie about black women, and I thought, I need to make a decision—I'm going to focus on my own stories. It was clear to me that I had to move on. I said to myself, I'm done.

Was it nerve racking to close the door on a secure career and do something that is a lot riskier?

My mom, who is from California, was a human resources executive. At one point she

decided that she and my dad would move to Alabama and that she would become a pre-school teacher. I've never thought about that as anything that influenced me, but it must have: She showed me that you can change your life with a single decision. I didn't have a lot of fear around [my choice]. My father was an entrepreneur with a small flooring business, and I saw him run his business with no boss and no regular paycheck. Seeing my mother and my father ingrained in me the idea of independence.

Why did you choose this particular period in King's life as the focus of your movie?

My father is from Alabama. It was part of our family lore, my relatives running to the back fence of the farm to watch the crowds pass by [when King helped lead civil rights marches from Selma to Montgomery]. I had a connection to that time and the kind of radical action black people had to take. Also, when you ask the average American what they know about Martin Luther King Jr., they say "I Have a Dream" and that he was assassinated. That's all they know. This was, I thought, a really beautiful way in: looking at a little-known time in his life that was the crux of everything he did.

Oprah Winfrey is a producer on *Selma*. How did that come about?

Oprah and David Oyelowo [who plays King in the film] are incredibly close; he was her son in *Lee Daniels' The Butler*. David gave Oprah a DVD copy of my movie *Middle of Nowhere*. I was like, "Oh my God, Oprah's holding my DVD in her hand!" She watched it, then tweeted about it, saying, "Good job. I can't believe you did it with no money." We kept in loose contact. [Eventually] David and I asked her if she wanted to produce *Selma*, and she was like, "OK!" She was in on insurance calls, bond calls; I'd call her and say, "What do you think of this wig?" She was very involved in the process, which was lovely and unlike anything I expected.

You've said you went through some "dark times" on *Selma*. In what way?

As an independent black woman filmmaker, you work with all kinds of people—including people who may never have worked with an independent black woman filmmaker before—and the reactions to that were not



AVA DUVERNAY directing actor David Oyelowo on the set of *Selma* in Atlanta.

always the best. I couldn't just make a movie and be me. I had to deal with the politics of who I was while making the movie, which is something my white male counterparts don't have to deal with. Within that process, to have Oprah—someone who *does* look like me and has probably gone through it before—was beautiful.

If a young black female director asked for your advice today, what would it be?

To be aware that there are people in this industry who have never been directed by a woman, let alone a black woman. I'm not just talking about the actors or the crew. I'm talking about every person involved with the film who has to [take orders] from the leader, who happens to be in the body of a black woman. [I wasn't prepared for] the moments when I'd have to walk away and go, "Wow, why do I have to say this five times? Why do I have to prove myself before I give this direction?" If I was prepared for it, it wouldn't have caused so much chaos and disruption—and by *chaos* and *disruption* I mean that's how I felt on the *inside*. From the outside, no one could even tell that there was an issue.

Scenes in your previous films typically feature only a few actors. In *Selma*, you directed huge crowds—marchers, onlookers and police. What was that like for you?

I thought about those scenes a hundred times before I stood there. Doing that pre-visualization helped me to not freak out. Also, my publicity training just kicked in. Standing in the middle of all those extras and horses and tear gas and tanks wasn't much different from organizing a red-carpet event on Hollywood Boulevard where I've got cops and fans and actors. It's in my DNA.

Did your old job affect how you looked at your own film's publicity?

I was a unit publicist [one who works on a film's set] for years. You're like the stepchild of the production. No one talks to you. No one listens to you. Once I had my own set, the publicist was treated like a queen. She was like, "Oh my God!" She had a chair right next to my [director's] monitor. I overdid it. I overcompensated for my years of abuse. ☹

MARGY ROCHLIN is a frequent entertainment contributor to *More*. @MargyRochlin



The righteous anger of girls

The best-selling author of the Lemony Snicket series on why girls are so furious so often—and where that rage goes when they grow up **BY DANIEL HANDLER**

One million years ago, when I was maybe 17 and my sister was maybe 14, I was on a family vacation and saw something in a hotel room I never forgot. It was my sister, and she was very angry. It's difficult to describe why it was such a sight to behold—she wasn't trashing the room, or even yelling particularly loudly. I don't remember what she was angry about, only that it was the sort of angry that turns into being angry about everything, and she was talking—not quite to me, although I was the only other

person in the room—in a voice that rattled and heaved with fury. For years I thought of it as the angriest I'd ever seen anybody. I still do, in a way. But it wasn't, really. You can find angrier people anywhere on the airwaves, or just by looking at neighboring cars in bumper-to-bumper traffic, and my life was not so serene and sheltered that I hadn't seen the kind of anger that made me stare. It was just the first time I'd seen it in a girl.

I write fiction for a living, and just about all of my novels are based on the actions of

women behaving fiercely. My first novel, *The Basic Eight*, is about a high school girl who, upon learning her crush on a boy is unrequited, bludgeons him to death with a croquet mallet (by the way, it's a comedy). The books for which I'm known best, *A Series of Unfortunate Events* (published under the name Lemony Snicket), chronicle the travails of three orphans, the eldest of whom, Violet Baudelaire, is a gutsy maker of grappling hooks and battering rams. My new novel is called *We Are Pirates* and has as its heroine a young girl

named Gwen who is furious at the world. Her anger drives her to mayhem—she gathers accomplices and steals a boat to commit acts of piracy in San Francisco Bay—and the book is dedicated to my sister. Gwen's furious voyage is entirely fictional, but one of its inspirations was watching my sister become so enraged.

"I'm not sure this is going to work," she says when I tell her I want to write an essay about her fuming adolescence, and ask if we could talk more about it. "You're going to make me look like a serial killer."

She's laughing, though. We're having cocktails at our usual place. We've always been

My sister gives me the look that indicates I'll be paying for the next round, too. "They still do," she says. "The world's pretty hard on girls."

I agree, and don't we all? The world is pretty hard on girls. It's one reason I put so many of them in books. The narrative is more interesting if there are more obstacles. A man walking alone down a road at night may or may not be a good story; turn him into a 12-year-old girl, and it's already gripping. The vulnerability and the danger—the wrongness of a young girl wandering about—are a shortcut to creating a good read.

The world demands more of girls.

A good girlfriend does the laundry, plans dinner. A good boyfriend just has to not make passes at her friends.

pals. We swim together in San Francisco Bay—right where Gwen and her pirates set out for adventure—and hang out with our families, the kids sleeping downstairs while my sister and I howl with laughter on the sofa with our very patient spouses. You wouldn't describe her now as angry. She has a solid marriage and raises two daughters with audacious cheer. While I spend my days making things up, she has a robust career in the nonprofit world, with a preternatural ability to raise money for noble causes.

"Getting angry," she says. "Let's see. Yes. I felt really angry in high school. Most of my anger was around feeling very stifled. Very restricted and exhausted about having to be this nice, friendly person. I felt like my faults were constantly being pointed out. I mean, if you asked anyone who knew me in high school, they'd probably say I totally had my shit together. Which I did. In public. I mastered the art of being outgoing and generous. I had tons of friends and made time for lots of people. But I felt like I wasn't given permission to be worn out, sad or angry. I was really pissed off about that."

"Do you feel like boys had more leeway to be less OK?"

Still, what's exciting on the page is dismaying in real life. If we put aside the mountain of statistics on gender inequality—and it's Himalayan—it's immediately clear that the world demands more of girls. I've noticed it all my life. A good girlfriend should do the laundry and maybe plan a dinner party when her guy's parents come to town. A good boyfriend just has to not make passes at her friends. A good husband should have a job and not get violent; a good wife runs the whole damn show. The first time my wife and I took a walk with our infant son, someone called me a good father, because I was pushing the stroller. "I pushed *that*," my wife said to the passerby, gesturing to our sleeping son, "*Out. Of. My. Body.*"

My wife sounded angry, and who can blame her? She'd been hearing this since she was pushed out herself. As a children's author, I meet a lot of young people, all of them crackling with possibility. But with the girls, it's more likely that they're also hemmed in by a wariness—am I good enough? pretty enough? polite enough?—that I see far less of in boys. It's enough to make you get angry, except if you're female, that's another

thing you're not really supposed to do. I visited a number of high schools on a book tour for my novel *Why We Broke Up*, which is told in the form of a long, furious letter from a high school girl to her ex-boyfriend, and many young women said how much they liked it that she was so upset. One girl told me about a workshop at her school that taught students to break up nicely. "Why should I be nice?" she asked me, in growly astonishment. "My boyfriend wasn't *nice* to me."

"Why should I be nice?" It has the ring of a rallying cry, something that could summon all girls to do a little swashbuckling.

When I was writing *We Are Pirates*, a lyric by Emily Haines, the indomitable singer of Metric, kept running through my head: "Trying to fix it," she sings, "when instead we should break it . . . before it breaks us." Even without knowing what the "it" is, exactly—a personal problem? a political system?—I was reminded of how trapped my heroine feels, in a world asking her to calm down, and how powerfully she rages against it in her wild and bloodthirsty escape.

My sister's escape was, of course, a lot less violent. "Swimming," she says, although I would have guessed that part already, "and I also have so many memories of being in bed listening to my clock radio and feeling really soothed by it. Talk radio mostly."

"Talk radio is *soothing*? That cracks me up. What kind?"

"Honestly, anything. Sports, love advice, weird politics. It was just comforting to hear adults chatting. Hearing about the larger world out there reminded me that there was much more to life than my math grades, my boy problems, family squabbles. And I started writing notes to myself called 'When you're an adult,' which were full of advice."

"For example?"

"A lot of it was about being a mom. 'Talk to your daughter about her period.' 'Let your kids stay up late sometimes.' I haven't seen those notes in more than 20 years, but I still try to listen to that girl who felt so passionate about giving her future self some advice."

"Did all that work? Did your anger vanish by the end of high school?"

"Hell no," she says. "I continued to have a lot of anger and

CONTINUED ON PAGE 132



Leaving Before the Rains Come

BY ALEXANDRA FULLER

Penguin Press

LIFE ON THE WILD SIDE

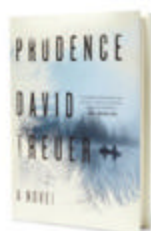
On the remote farm in Rhodesia where Alexandra (Bo) Fuller grew up during that country's civil war, her British father insisted that everyone dress for dinner because, he said, "let your socks sag; the spine will follow." Her father's revolver sat next to his plate, her mother's Uzi was propped on the chair beside her, and Bo and her sister were expected to provide enlivening conversation, even with her inebriated mum "occasionally sliding off her chair, the dogs always squabbling at our ankles, the odd distant explosion of a land mine in the hills beyond the house." It was an exuberantly happy childhood filled with constant peril—poisonous snakes, gunmen, madness, alcoholism and infectious disease—and Bo relied on her father's morsels of advice ("Time is only as heavy as the thoughts you have to push through it") to get by.

When she meets a stalwart American river runner named Charlie Ross, he seems the perfect partner to navigate the chaos around her. But Charlie's business fails and Bo contracts malaria so severe that she isn't allowed to breast-feed, so they move to Charlie's beloved Teton mountains in the name of a safer, saner life.

Bo finds America, with its warning signs and disaster-prevention schemes, a little like "being in the constant company of a kindly, sandwich-toting, risk-averse aunt." Her marriage falters, and she relearns the truth of the most salient lesson of her childhood: "It's rarely the thing you prepare for that undoes you." This glorious and wise, heartbreakingly sad and laugh-out-loud funny aria to the country and life she left behind is also the story of how she borrows her father's wisdom, as well as his "violent" attachment to the land, to find a place to stand for herself. —PAM HOUSTON

THE HOME FRONT

* * *



Prudence

BY DAVID TREUER

Riverhead

THIS BOOK is so good that when you get to the end, you'll want to reread the beginning to see how the author set his magic in motion. The wealthy Washburns spend summers at The Pines, their rustic Minnesota retreat; local Indians are the hired help. With one impulsive act before leaving to fight in World War II, young Frankie Washburn changes all their lives—most profoundly that of Prudence, an Indian girl on the run. This gorgeously restrained novel has much to say about race, class, gender, sexuality, love and war through the stories of women and men whose fates become urgently important to us. —JUDITH SWE



A Spool of Blue Thread

BY ANNE TYLER

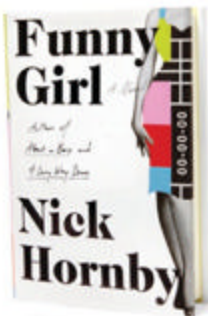
Alfred A. Knopf

IS IT WEIRD to describe mildness as cathartic? Because it can be. And if you've read any of the 19 Anne Tyler novels that preceded this one, then you know exactly what to look forward to: the quiet drama and gentle humor and your own happy immersion in the lives of people you feel you know well—in this case, three generations of a Baltimore family, including some comically decrepit parents and a series of friendly dogs, in a hope-filled, secret-loaded house. What Anne Tyler knows is that the big things—longing, love, loss—are never abstract; they're embedded in, and expressed only through, life's very dailiness. —CATHERINE NEWMAN



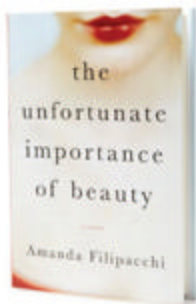
1

Searching for Grace Kelly
BY MICHAEL CALLAHAN
Mariner Books



2

Funny Girl
BY NICK HORNBY
Riverhead



3

The Unfortunate Importance of Beauty
BY AMANDA FILIPACCHI
Norton

SEX IN THE CITIES



Three savvy tales of friendship, love, lust and wild ambition

Life's a bitch if you're beautiful. Or so it seems for the women in these novels, whose looks get in the way of their happiness. Two of the books are set in a supposedly distant past when a woman's appearance mattered more than her brains or talent. But all these stories will resonate with anyone who has ever looked in the mirror and fretted over what she sees there.

Searching for Grace Kelly is set in 1955 at Manhattan's legendary Barbizon Hotel for Women, where residents are expected to follow rules of absolute decorum. Laura Dixon, a willowy Connecticut debutante, has dreamed of staying here, and when she arrives (having landed a prestigious summer job at *Mademoiselle*), she's wearing the perfect ensemble—linen dress, straw hat, little white gloves. Unfortunately, she sweats through the whole outfit during the cab ride from the train station. Such is the dark underbelly of glamour: The effortless perfection you're supposed to strive for takes a hell of a lot of work. And it may attract the wrong kind of male attention, as it does for Laura and her new friends. Thanks to Callahan's flawless evocation of the place and time, you understand how high the stakes are for these women, who have to break every rule their mothers taught them to discover who they really are.

Funny Girl, a love letter to the BBC comedies of the 1960s, is also pitch-perfect on its time and place. Nick Hornby's heroine, Sophie Straw, is a blonde from Blackpool, England, who longs to be the next Lucille Ball. And she's a natural. But because she's beauty-queen gorgeous, she has to run a gantlet of clueless, lustful men to prove she has the knack, and the drive, to succeed. Sophie gets her big break when she auditions in London for a BBC-TV pilot and tells the writers exactly why their script is terrible, inspiring them to create a truer, snarkier kind of comedy. What she's really after, it turns out, is the joy of doing good work with talented people—of finding her tribe.

The Unfortunate Importance of Beauty is more a dark fairy tale than a conventional novel. For two of its characters, looks are truly a matter of life and death. Because Barb's beauty has driven a male friend to suicide, she fashions an aggressively unattractive disguise and refuses to leave her Greenwich Village apartment without it. Lily, a gifted composer, wants to die because she's sure she's so ugly that no man can love her. The thing is, they're both right: No one outside their arty circle of friends is capable of seeing through appearances to what's beneath. Amanda Filipacchi's media-obsessed world is insanely superficial. But then, if you rely on others to tell you whether you're beautiful or ugly, life really is a bitch. —MARCIA MENTER

LOVING, LYING, LEARNING

ROLE MODELS

***How to Be a Heroine* by Samantha Ellis (Vintage Books).** Hmm, marriage or misery? Boredom or adventure? Such were the choices of the literary heroines of Ellis's youth, from Scarlett O'Hara to Sylvia Plath. Ellis reassesses them all, plus a hero or two (on Jane Austen's Mr. Darcy: "I wish I could tell my twelve-year-old self that not all arrogant men are secretly lovely") and her own Iraqi-Jewish upbringing in this witty charmer of a memoir.

BOYHOOD, REVISITED

***My Sunshine Away* by M.O. Walsh (G.P. Putnam's Sons).** "It is important when I learned the word 'rape,'" explains the narrator of this moving debut novel about how, as a 14-year-old boy, his life was altered by an unspeakably violent act. Baton Rouge, Louisiana, emerging from the shadow of its sister city, New Orleans, provides the sultry ambience.

THE LIARS' CLUB

***Love and Lies* by Clancy Martin (Farrar, Straus and Giroux).** A cagey defense of romantic deception—in and out of the bedroom—by a philosophy professor who is also a novelist and self-confessed former con man. His mission here: to prove that the truth is seldom plain and that lying can be a tender mercy.

MILES TO GO

***The Love Song of Miss Queenie Hennessy* by Rachel Joyce (Random House).** Joyce's best-selling novel *The Unlikely Pilgrimage of Harold Fry* (2012) was one incredible journey, and this new book, set in—of all places—a British hospice, is another. Unlike her heartthrob Harold, who is walking cross-country to reach her, Queenie is practically immobile, but her memories go the distance. —CATHLEEN MEDWICK



Growing up together

How much closeness is good in a mother-daughter relationship? How much is too much? One mother's learning curve **BY ROBIN BLACK**

On the morning after my daughter was born, I awoke from only a few hours of sleep, remembered she was down the hall in the nursery—those eyes that had locked with my own, that unfamiliar, entirely familiar face—and thought, *I am happy for the first time in my life. This must be the feeling I have heard so much about.*

Twenty-six years later, on the morning of my daughter's wedding, her stepfather and I are putting the finishing touches on our apartment. We clear the table where

her wedding cake will sit. We welcome the florist and the caterer. We refine the music, review the guest list, go over the menu for the 700th time.

It's a typical wedding morning, except for one detail: My daughter knows close to nothing about any of it. Only where it will take place, when she should show up, who the guests will be and the identity of her groom.

Twenty-six years after her birth, she and I are close enough that, uninterested in party planning of any kind, she has asked



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forget
the most
simple
pleasure

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me to orchestrate the event as a surprise for her. And I am confident that I have designed the wedding of her dreams.

What could possibly be wrong with a relationship like that?

On that first joyful March morning in 1988, I wanted nothing except to hold my baby and never let her go.

I was 25 years old, in a marriage destined to end five years later in divorce, and I was also, as I had been my entire life, emotionally fragile. I'd grown up in a home of complex dysfunction, my father a mentally unstable alcoholic, our household ordered around his temper, his depressions and the non-negotiable rituals he believed necessary to his daily health. Throughout my childhood, my mother was completely overwhelmed. She'd met my father when she was 19 and he 37, her professor, brilliant, mercurial, irresistibly charming and, as it turned out, an absolute mess. She was swept off her feet, only to spend nearly 50 more years sweeping up the pieces; and the years of my childhood were the toughest of all for her.

Failure is the word I associated with myself into my twenties. The ADD with which I was finally diagnosed in my forties made my childhood a constant struggle. Even when I succeeded, as when I starred in high school plays to genuine acclaim, I couldn't think of myself as competent. Those occasions were so infrequent, they felt like flukes, while the day-to-day frustrations of struggling not to fail math, of forgetting to do my homework, of neglecting to brush my hair until the snarls were the size of bird's nests, were relentless.

I am happy for the first time in my life.

It was a shock, that morning in the hospital. Like realizing I had been seeing the world in black and white for my entire life and now there was color, miraculous color brightening everything in my view.

We named her Elizabeth, my middle name.

Motherhood introduced me to happiness and to something else as well: I felt competent.

Elizabeth made it easy to feel that way. More than nine pounds at birth, she skipped the phase of sleepless nights, clocking eight hours a shot—a feat for which I happily took credit. She rarely cried, preferring long exchanges of intense eye contact and, soon, lots of smiles. She sat up early, crawled early, walked at 10 months. She spoke in short sentences by the time she was one.

I had The Best Baby. Surely that made me The Best Mother?

I've since learned how nonsensical that was, how little credit I deserved for her winning a genetic lottery, but at the time it

**She sat up early,
crawled early,
walked at 10 months. She spoke in short
sentences by the time she was
one. I had The Best Baby. Surely that made
me The Best Mother?**

wasn't bad for me to think I was finally doing something well. Those early months began a much-needed shift in me that would take 15 more years to bear real fruit.

There was another change in the air as well, though a less positive kind. I didn't see the danger signs in my marriage and had no idea that it would end so soon, but I know enough now to understand that my relationship with my first husband was then already far from ideal; and I know, too, that as that connection altered, my closeness to Elizabeth took on an extra layer. My reliance on her, her identification with me, went beyond the normal mother-child bond. Before she was even out of diapers, she had become my closest friend.

I have always seen the loveliness in our closeness, but now I see the downsides, too. I see how much pressure I placed on her to be a reflection of a successful, emotionally

healthy self in which I wanted to believe. I see too how unaware I was of those pressures then and how, in spite of my awareness now, those dangers still exist.

My mom and I really grew up together. Didn't we, Mom?"

The first time I heard her say it, she was in her late teens and I in my early forties. I wouldn't have put it that way, but I recognized some truth in her view. We had both gone from feeling helpless—she for the utterly normal reason of being an infant, I from more complex causes—to having established identities of our own. We had both spent the previous 17 years preparing ourselves for a life outside the family sphere, discovering our own strengths, honing our interests. She had become involved in art, both as a painter and as a voracious reader of countless art-history books. I had started writing, something I had always wanted to do, and at the end of her freshman year of high school had entered graduate school for my MFA.

Much as I'd hoped, I had used those years of her childhood to develop more healthfully than I'd been able to during my own. So while Elizabeth learned to drive, I learned to travel by myself without fear. As she studied for the SATs, looked at colleges and worked hard for the acceptance she earned, I sent out stories and dealt with rejection and with increasing acceptance, too.

I see those parallels clearly now, but at the time I was far more conscious of our comparatively superficial similarities. It was hard not to be when every friend of my daughter's, every relative of ours, remarked that we had the same mannerisms, made the same sorts of jokes, had voices that were indistinguishable. We shared political views and religious views as well—in a household, now including her stepfather and my two younger children, that contained a range of opinions and beliefs. During Elizabeth's teen years, we dressed similarly, favoring shortish, straight

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CHARITY PARTNER



skirts and tights, or jeans, and black tops—always black—which we traded back and forth, as we did our jewelry and our jackets, our whimsical plastic rain boots and more. For a while, people occasionally mistook us for sisters, and maybe those people needed to have their eyesight checked, but we were both prepared to be flattered by the mistake.

“I love how young you are, Mom,” she would say. “I’m definitely having my kids young, too. I love that we’re really not that many years apart.”

Both of us reveled in the overlap, the sense of being closer than close, certainly closer than any other mothers and daughters we knew—or so we told ourselves. It was a feeling that anchored us both, a feeling central to my sense of self and, I believe, to hers as well.

But anchors do more than steady you; they can also keep you stuck in place.

On the day we dropped her off at college, I broke out in a full body rash. Rebellion on the cellular level. For months before, I had joked that there weren’t enough psychiatrists in America to get me through her departure. I had pre-grieved, weeping when alone, mourning the end of this phase of life, as many parents do when their first child leaves home—though I have to think I was extreme. And maybe in part because of that (who wants to break a mother’s heart?), she had a tough first year, growing depressed and feeling anxious, coming home far too often because she “needed” to. It was a challenge for me not to encourage these visits, but eventually I realized that my job wasn’t to mope; it was to help her make a healthy transition, which meant, among other things, letting her know I was doing the same.

So I stopped wallowing. I consciously began to minimize all talk of missing her, trying to keep it within normal bounds. And I found, a little guiltily, that it was nice in some ways to have her off on her own adventure, leaving me more time for her brother and

sister. And Elizabeth began detaching, too, as she was meant to do, discovering the college newspaper, which soon became the center of her world. By the time she was a junior, she was the managing editor and involved with the boy she would later marry. She had a new confidence and a new circle of friends.

And I had a two-book contract, an ever-stronger sense of myself as a writer—a professional moving in an ever-widening world. After a rocky start, we had separated appropriately, loosened the ties just enough. My first book came out within weeks of her college graduation. We were launched, both of us—almost as if there had been some sensible plan in place all along.



LIKE MOTHER, LIKE DAUGHTER Twenty-six-year-old Elizabeth (left) with the author at a family event in 2013. The wedding would take place later that month.

Almost as if our history of interdependence, with its roots in my needing to grow up as I raised her, were a thing of the past.

The email had no text, just the picture of a diamond ring on my daughter’s left hand. She was 23, the age at which I had married her father, an act I had long viewed as a youthful misstep, if one I couldn’t regret. I worried that she was repeating history, though I reminded myself that I had known her father for only five months when we got engaged, while she and her fiancé had been together for more than five years.

I shared none of my doubts with her that night. Over the phone, we all screamed and screeched with joy—and why not? She loved him. We loved him. My husband and I shrugged expressively, silently at each other: What’s the big rush? Why marry so young? But

our official response contained none of that.

And it turned out there was no big rush. Their engagement lasted two years, during which they first planned what I thought of as a cookie-cutter wedding, straight out of a bridal magazine, and then called it off. “It’s not that we don’t want to get married,” she said. “It’s just that that doesn’t feel at all like me.”

“I had wondered,” I said, and I waited for her to plan a wedding that did feel like her, but instead of doing that, she turned the job over to me.

“Honestly, Mom, you know better than I do how to make the sort of party I’d want.”

And so the new plan was conceived: a surprise wedding for bride and groom.

There were some strange moments along the way, particularly as I explained to the florist, to the caterer, to everyone whose path crossed mine, that the bride would have no input. “What are her colors?” the baker asked, in order to design the cake. “Well, she isn’t actually involved in the planning,” I said. Some people, I’m sure, thought I was the domineering mother, taking over—even after I told them she had asked me to. Others thought the whole idea was kind of cool. But

everyone thought it was strange.

When Elizabeth walked into our home that day in a turquoise floor-length dress, she looked more beautiful than I had ever seen her, and as she made her way through the apartment, she also looked increasingly stunned. The pagoda cake, a tribute to their travels in Japan. The little bride and groom figurines we’d had made to look exactly like them. The deep-red roses everywhere. The music she and he loved, playing in the background. Finally, she burst into tears. “I can’t believe anyone would do this for me,” she said. “I can’t believe you guys did all this for me. This is exactly the wedding of my dreams.”

Whatever worries I’d harbored that we’d lost any of our connection over time were assuaged. What other mother could plan her daughter’s wedding and get every detail right? Yes, there had been some dangers

over the years from our extreme closeness, but wasn't this proof that we had survived those and come out the other end, the strengths of our relationship intact? The downsides left behind, long ago?

Would it upset you to know I don't want kids?" she asked over the phone one day, soon after that.

There have been rare moments in my life when I have set aside what's happening, with a mental note-to-self: *Deal with this another time*. I tried not to think and only to say the right things.

"I just want you to be happy," I said. "I don't think everyone should have children. Definitely not people who don't want them."

"Good. Because I really don't think I ever will."

"That's fine. I certainly wouldn't want you to, if it's not something you want to do."

The call didn't last long. I didn't ask her any more—not why she didn't want children, not when she had decided this. Not whether she thought she might change her mind one day. I could practically smell the danger, sense the heat rising off the topic. I got off the phone a little quickly and went about my business, ignoring the subject, pretty much, never questioning why I couldn't bring myself to think about something that so clearly demanded sorting through.

I focused outside my heart.

I have many friends who don't want children and who complain bitterly about the pressures they've felt from their own disappointed parents. I decided I wasn't going to be that parent. I would be a paragon of support. I would even write an essay about being OK with it, as I do with so many big events in my life. I would write about the importance of accepting such things, of allowing your child to be who she is.

I just needed Elizabeth's permission, which I didn't doubt she'd give. So I crafted a couple of paragraphs and called her up. "I'm

thinking of writing something about having a child who doesn't want kids. You know, about my accepting it and all."

"OK," she said, a bit warily.

"I want to give you a sense of what I'm doing, to be sure it's all right. Can I read you a couple of paragraphs?"

She said I could. And I began. "My daughter and I have always been unusually close..." I talked about our shared mannerisms, our sense of having grown up together. And then, when I got to the line "But now she tells me she doesn't want children of her own," I burst into sobs. Uncontrollable, sniffing sobs.

"Oh God, I'm so sorry," I said as I gasped. "I had no idea... I wouldn't have..."

"I just want you to be happy,"

I said to her. "I don't think everyone should have children."

"Good," she said, "because I don't think I ever will."

"I thought you were OK with this," she said.

"I am," I insisted—as if I could paper over my evident distress. "I just... I just feel... I feel... How can you not want to have what we've had?" There was a long pause. "I'm sorry," I said again. "I didn't even know... I would never have read that to you..."

"It's OK. I really hadn't thought of this," she said. "Of you feeling hurt. But it makes sense, I guess. I get it."

"I don't understand," I said. "I just don't understand."

I could hear her take a deep breath. "I don't know, Mom. Maybe this will help. You've always told me that you had me so young because you were a mess. Because you needed to start over. I mean, there are a lot of reasons I don't want kids, but you should be glad that I don't feel the way you did. I don't feel like I need to have a child to be whole," she said. "Does that help?"

I had stopped crying. "It does," I answered—which both was and wasn't true. I apologized again. "Honestly, I would never have started reading that to you if I'd had any idea..."

"It's OK, Mom," she said. "It's better to get this stuff out, right?"

"Right," I said. "I suppose. Thank you."

And we ended the call soon after that, the conversation stilted, a little forced.

No more than an hour later, which was still an hour too late, I understood what I had done, getting caught up another time in the old weakness I had brought to my young, emotionally unsteady motherhood. Once again, my need for her to make

me feel as though I had done a good job had asserted itself—and not only a good job being her mother but a good job being myself. Once again, I had made the mistake of confusing my daughter's life with my own.

Just when I think I have it beat, it rises up again. And the truth is, I will probably always have to battle this tendency, this flaw.

I have been Elizabeth's mother for more than half my life, and in so many

ways I am different from the young woman lying in that hospital bed, marveling at a world transformed overnight. I am a long way from being the new mother who could count, one at a time, each startling instance of her newfound competence, her newfound joy. But every once in a while, she still peeks through my strengthened façade, in all her fragility and fear.

"I don't feel like I need to have a child to be whole," my daughter told me, in gentle, understanding tones. "Does that help?" she asked.

And my answer?

A little delayed, but heartfelt nonetheless: This time, let's not worry about me.

Elizabeth, my daughter, this is your life. ☉

ROBIN BLACK is the author of the story collection *If I Loved You, I Would Tell You This* and the novel *Life Drawing*. The mother of three grown children, she lives in the Philadelphia area with her husband and their dog. @robin_black

Some surprising news about women, math, science—and jobs

WHY THIS MATTERS TO YOU

Careers in science, technology, engineering and mathematics (STEM) have been growing **THREE TIMES AS FAST** as jobs in other fields. And they're predicted to **INCREASE AN ADDITIONAL**

26%

by 2020. Which is why in 2013 President Obama set a **GOAL OF ONE MILLION MORE STEM GRADUATES** over the next decade.

Who's going to fill these positions—and continue to fuel innovation?

WOMEN.

WE ARE AN UNTAPPED RESOURCE. WOMEN MAKE UP NEARLY **HALF** OF THIS COUNTRY'S WORKFORCE YET HOLD **LESS THAN A QUARTER** OF ITS STEM JOBS.



SO ARE WOMEN QUALIFIED?

Some would argue that women are *already* doing the work. The way STEM jobs are defined actually varies widely and often excludes occupations such as doctor, nurse and science teacher. Many of these jobs demand STEM skills yet tend to be highly female (or in the case of doctors, trending toward parity; women made up nearly half of all med-school graduates in 2013).

Is this numbers game a conspiracy against women? Not exactly, says Donna Milgram, executive director of the National Institute for Women in Trades, Technology and Science. It's more like a bias toward the *t* in STEM.

"I consider nurses and doctors to be STEM workers," she says. "I think their lack of inclusion by some is the emphasis on technology in STEM versus science."

But widen the definition to include careers such as registered nurse and health



technologist, and "women are significantly *more* likely than men to enter STEM jobs within the first two years of completing their college degree," says Cornell social demographer Sharon Sassler, the lead author of a study called "The Missing Women in STEM?" "Around here we call [those fields] STEM II," adds Jennifer Glass, a sociologist at the University of Texas in Austin and a coauthor of Sassler's report. In fact, see what happens to the percentage of women in STEM when we define it more inclusively—let's call it SHTEM, for science, health (etc.), technology, engineering and mathematics:



WOMEN MAGICALLY REAPPEAR!

STEM	
Operations research analysts.....	55%
Pharmacists.....	54%
Medical scientists.....	53%
Biological scientists.....	50%
Chemists and material scientists.....	44%

VS. "SHTEM"

Registered nurses.....	91%
Psychologists.....	73%
Medical and health-services managers.....	70%
Veterinarians.....	55%
Misc. social scientists and related workers.....	54%

WE STILL HAVE A WAY TO GO

WOMEN MAKE UP JUST

23% & **5%**
OF COMPUTER PROGRAMMERS & OF MECHANICAL ENGINEERS

But the aptitude, and the interest, are there.

For example, membership in the career group **WOMEN WHO CODE** increased from under 2,000 in 2012 to **MORE THAN 18,000** in 2014. "Young women are realizing that software engineering is a great career for them," says the nonprofit's CEO, Alaina Percival. "And parents are excited that their daughters are using Scratch, free software from MIT that lets them easily build games while learning coding fundamentals."



HIGH TECH MEANS HIGHER PAY

WOMEN IN STEM EARN ON AVERAGE

33%

MORE THAN WOMEN IN OTHER FIELDS.

And the gender wage gap is, at **14 CENTS ON THE DOLLAR**, among the lowest in any field.

The rest of us benefit, too.

"The absence of women in STEM is a missed opportunity," says Milgram. "**WOMEN BRING A DIFFERENT PERSPECTIVE.** Whether it's ensuring women are included in clinical trials or developing a prosthetic knee that works better for women, we are all enriched when women fully contribute to the advancement of science and technology."

Research by **ANGELA WOODALL**. @angelawoodall
For a list of sources, go to more.com/stem.

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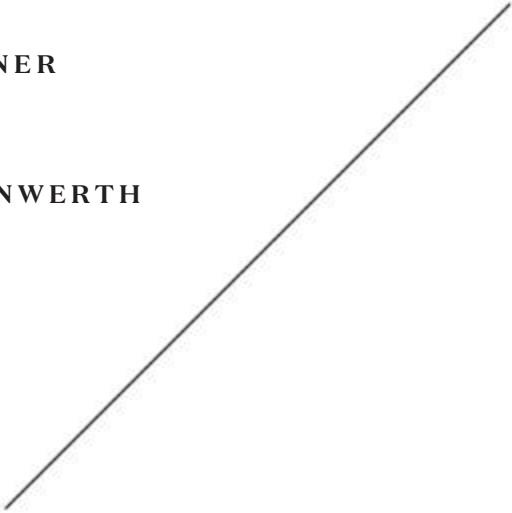
THREE THINGS WE CAN ALL LEARN
FROM **DREW BARRYMORE:**

- 1__YOU CAN OVERCOME A CRAPPY CHILDHOOD,
- 2__WHIMSY DOES BELONG IN THE WORKPLACE, AND
- 3__SUPERMARKET CHEDDAR ROCKS

BY TAFFY BRODESSER-AKNER

PHOTOGRAPHED BY ELLEN von UNWERTH

STYLED BY SASCHA LILIC



“I SHOULDN’T SAY THIS, BECAUSE

I’LL GET IN TROUBLE for it, but I’ll say it anyway,” Drew Barrymore says, leaning in, all intimate eyes and a half smile, because that’s the way she talks and it takes her zero minutes to warm up to someone new. Here it comes: “*Women can’t do it all.*”

She’s tiptoeing, because about two years ago she caught flak for making the same statement, the way anyone catches flak after suggesting anything about women’s capacity for getting things done. We have all lived long enough to see women get into trouble for saying they can have it all, or they can’t, or they should want it all, or they should opt out, and then the resulting think pieces about whoever said it and why it shouldn’t have been said. But the thing that strikes me as most ironic about Barrymore saying it is that it seems as if she has, in fact, at some point in her life, done it all. And from where I’m sitting, which is across from her as she introduces me to three new fragrances for her cosmetics line, Flower Beauty, it seems that she continues to do it all. The first lesson we could learn from Drew Barrymore is that if *she* thinks she’s not doing it all when she actually is, perhaps we who think we’re not doing it all are, too.

Still, she insists, “Quantum physics actually says you can’t do it all. Like, you can’t do everything at every minute of every day; it’s actually not mathematically, molecularly plausible.” However, she clarifies, “I do think that women can do everything they *want* to do”—a careful distinction, since she believes that from your passion comes your calling—“especially if they work hard enough at it. I don’t believe anything comes easy. You have to earn everything in life.”

She would know. Barrymore is someone who has invented herself into more incarnations than her petite, just-turned-40-year-old body should be able to account for. She is someone who published a memoir at age 15, a bulky vol-

ume that merited its length: hard drugs before she had pubic hair, rehab, an absentee mother, and an abusive father who probably should have been rounded up in a social services van by the end of chapter 1. In addition to having been an actual, not-just-listed-on-the-credit-sheet producer of movies like *Charlie’s Angels* and *Donnie Darko*, she has spent time as a wine-maker, an author (last year she published a best seller about hearts—yes, hearts; yes, a best seller) and, of course, an actress. Today she emerges in her latest form: as a cosmetics mogul who is intensely involved in every aspect of her company. She is confident in her ability to pivot, which she does by rising above the emotions we’re all susceptible to: self-doubt, feelings of being overwhelmed and excessive concerns about what other people think of us.

Barrymore—can I just call her Drew? Because I sort of want to, even though *More* thinks *Barrymore* is more journalistic—Drew feels like someone you’ve known your whole life, and that, she says, is “probably because you *have* known me.” We are in one of the glass-walled lab rooms of Givaudan in New York, where the perfumes for Flower were formulated. She has just made a video for Flower’s website, walking the consumer through the three fragrances the brand offers: Sultry, Cherished and Radiant. This online video is the only advertising Flower will do for the fragrances—never anything as traditional as a print ad. The company knows Drew is the selling point, so it’s reaching out directly to her already prodigious fan base: more than two million on Facebook, more than 1.5 million on Instagram. Oh, and Flower is sold exclusively at Walmart, where nearly one third of Americans shop every week, and that doesn’t

hurt either—especially given that over the past year Walmart has nearly doubled the number of stores that sell Flower.

The lack of advertising is especially interesting in that the line was inspired, sort of, by a piece of advertising: specifically, a 2007 CoverGirl ad for LashBlast Mascara. When the cosmetics giant approached Drew, she agreed to participate on the condition that she be not just a spokesmodel but also a creative director. Now she’s glad she jumped in. The campaign, for which Drew insisted on bizarre-seeming twists like black-and-white photography (unheard of for a makeup ad), helped turn LashBlast into a CoverGirl top seller. “I couldn’t clock something in,” Drew says. “Doing something that’s true to women and makes us all feel good is important to me.” The CoverGirl success proved to the beauty business what casting agents already knew: that Drew’s face, and the goodwill it has earned over the years, move product. When she was asked if she wanted to create her own line, doing CoverGirl suddenly didn’t make as much sense. After all, why do one thing when you can do everything?

Here at the Givaudan offices, seated on a lab stool in a grownup blazer and slacks, she doesn’t look that different from the pigtailed girl in *E.T.*, our first collective memory of her. In fact, she now looks far more like *E.T.*-era Drew than *Poison Ivy*-era Drew, or flashing-Letterman-for-his-48th-birthday-era Drew. She has a laugh that bubbles like Champagne. It occurs to me that it must be hard for her to be taken seriously as a businesswoman with her wild past, her soft lisp, her habit of twirling her hair when she talks. But it turns out that’s not the case. “Drew is intelligent, intense and never gives up until she gets it right,” says Walmart’s Carmen Bauza, who helped launch Flower. “I’ve seen a business side to her that I didn’t know existed.” >>



MISSONI *macramé*
dress; MISSONI
.COM. WHAT KATIE
DID *satin corselette*;
WHATKATIEDID.COM.

Even so, other people's regard for her isn't something Drew considers often. She thinks of her youth not with embarrassment but with fondness. "I was a happy, blithering idiot," she says. She has no regrets over that time in her life. "I don't know how to feel differently about it because I don't know what another life would be like, so it's hard to pretend or imagine or wish that it was different because it isn't. Even if I was a bad girl at moments here and there, I was never a bad person."

She's wearing a pair of grade-A, die-of-envy vintage pearl earrings, shaped into the opposing C's of the Chanel insignia, a gift from her father-in-law, Arie Kopelman, who not so incidentally is a former CEO of Chanel. He came into her life via her happy marriage to the art consultant Will Kopelman, just as her tastes

were evolving. "It's Chanel. What's not to love?" she says. But the oversize pearls in the bracelet she is wearing are fake. "I've never been a big designer-label person," she confesses. And that's pretty much in any regard. Recently someone got her some fancy Cheddar cheese, and she hated it. "I was like, this is too jazzy for my taste buds. I could tell it was from the *fromagerie*, and I was like, no, I just want some good old supermarket Cheddar." She admits, however, that lately she has been trending toward some of the finer things. "I still love a fistful of flowers from the side of the road, but I've also come to love ornate flowers. I love the marguerite daisy, but I love a peony, too, and one's five cents and the other is \$5."

The elder Kopelman also came along just in time to offer her advice on Flower Beauty, and Drew's go-to solution for not being overwhelmed in new endeavors is to sit and listen and learn. "Everything is school," she says, and her father-in-law, it seems, drops pearls of wisdom as generously as the real ones. "He tells me to look around and see what I see, but more importantly to see what I *don't* see." That helped her when she was trying to figure out the packaging for a particular lipstick. She wanted the colors to be cream and rose gold, but everyone else was using black, and there just had to be a reason for that. "I don't want to go with my gut and be wrong," she says now. But she thought of Kopelman Sr.'s advice and followed it. She shows me the results: beautiful cream and rose-gold packaging, as unique as the woman holding it.

She wasn't exactly in need of business coaching, however: Her earlier incarnation, as a movie producer, required her complete attention, and that's another lesson we can take from Drew's success: Don't hedge. When she's in, she's all in, and her success seems to stem from a full-bodied investment in anything she's doing.

"She loves to be involved in the details," says Nancy Juvonen, her partner in Flower Films; the company's movies have grossed more than a billion dollars. "She loves to have meetings. She loves to be aware of as much as she possibly can because that strengthens her [position]." That control, Juvonen says, comes from earlier chaos. "I feel like, for Drew, she was at a very young age, *uniquely* young, when she realized, 'I'm going to have to take control of all of this'—her career included—'on my own.'"

And that means, yes, doing a lot, but not ex-

PINKO crepe dress;
PINKO.IT.
KATE SPADE NEW YORK straw hat; **KATESPADE.COM**.
JOUBI 18k white gold ring with moonstone and diamonds; **JOUBI.COM**. **WHAT KATIE DID** nylon thigh-highs; **WHATKATIEDID.COM**. **ALEXANDER WHITE** leather pump; **ALEXANDERWHITE.LONDON.COM**.

HAIR: SAMANTHA HILLERBY AT STREETERS;
MAKEUP: MARY JANE FROST AT JED ROOT USING FLOWER COSMETICS;
NAILS: SHARON GRITTON AT FACTORY; PRODUCTION: LUCY WATSON PRODUCTIONS

MORE words with DREW BARRYMORE

WHAT DO YOU APPRECIATE MORE AS YOU AGE?

Getting smarter, even if it means getting saggier. I'll take it!

I WISH I HAD MORE TIME FOR . . .

Sleep. Sleep. Sleep.

MORE WOMEN SHOULD . . .

Stop beating up on themselves about their physical state. We can say such toxic things to ourselves.

THE WORLD CAN USE A LITTLE MORE . . .

Time away from technology.

MORE WOMEN SEEK TO AGE GRACEFULLY. WHAT'S YOUR ADVICE?

Don't fight a battle you can't win.

actly doing it all, and certainly not all at once. She's taking her foot off the gas on her acting career, averaging about a movie a year, "because the hours are too crazy" and "my phone isn't ringing off the hook with great parts." She filmed the upcoming drama *Miss You Already* with Toni Collette because, she says, "Toni is one of the greatest actresses." But she knows these projects have to be few and far between, because she can't figure out how to make movies without being all about making movies.

"That's why I love the beauty business, because even on a workday I can wake up with my kids, go to work, come home, bedtime—



there's a normal life there. And it's exciting when you have to go on a business trip, as opposed to a film where you're gone for months. I can't do that right now. As you add more onto your plate, particularly family, things have to fall off, or you won't be a good parent."

And being a good mother, a beyond-good mother, is beyond important to her. "I didn't really have parents, you know? And therefore the kind of parent I will be is a good, present parent. In a way, maybe that was a detriment to my youth, but it'll be the biggest asset to my adulthood." She doesn't talk to her mother, Jaid Barrymore, very often (her fa-

ther, John Drew Barrymore, died in 2004), but she does "look after her," which I take to mean that she makes sure her financial needs are provided for. "That," she says, "is how I feel good about [our relationship]."

All Drew ever wanted was a sense of stability, which she's found with the Kopelmans and also with her daughters, Olive, two and a half, and Frankie, 10 months. Throughout the tumult before they arrived, though, she found stability in her friends, the same group of eight women who live on one coast or the other (the Barrymore-Kopelmans split their time between them). She doesn't see her pals as much

as she used to, but she does have an annual getaway where they do something different each year: cooking school, bikini boot camp. In the future, she's angling for dogsledding in Alaska.

That's all she needs in her life: her friends, her family, a bunch of wildflowers, the occasional peony, maybe some supermarket Cheddar. And a refusal to let anyone but her tell her story. If that's not having it all, then fine. It's having enough. ☺

TAFFY BRODESSER-AKNER is a contributor to the *New York Times Magazine* and *GQ*. This is her first cover story for *More*.



Casual attitude

DRESSING DOWN 101: LAYER
A SWEATERDRESS
OVER PANTS, AND THERE'S
NO NEED FOR A COAT

ELIZABETH AND JAMES

*acrylic blend turtleneck mini-
dress; ANOTHER20.COM.*

THEORY *wool pants; 212-524-6790.*

OZ HUNTERS *leather and
shearling sandals; SOLESTRUCK
.COM. ALEXIS BITTAR*
bangle; ALEXISBITTAR.COM.



Leisure --- Suits

LOOSE SHAPES IN SUMPTUOUS FABRICS—WITH
NARY A WAISTBAND IN SIGHT—FEEL JUST RIGHT. EMILY WICKERSHAM,
STAR OF *NCIS*, PRACTICES THE ZEN OF DRESSING

PHOTOGRAPHED BY PAUL JUNG / STYLED BY KATIE BURNETT



Informal appeal

LESS (STRUCTURE) IS
MORE (STYLE)
WITH A BIAS-CUT DRESS
AND SOFT TRENCH

MARTIN GRANT cotton
trench coat; **MARTINGRANT**
PARIS.COM. DEMYLEE
wool dress; **DEMYLEE.COM.**
GABRIELA ARTIGAS 14k
gold-plated choker;
GABRIELAARTIGAS.COM.



Laid-back stance

AN OPEN KNIT IS AIRY AND
TEXTURAL AND PAIRS
WELL WITH EXAGGERATED
BERMUDA SHORTS

MULBERRY *silk-raffia*
sweater; 212-256-0632. **LINE** *mesh*
shorts; LINIENYC.COM.
ELIZABETH AND JAMES coat;
BLOOMINGDALES.COM.

Carefree
cool

INTRODUCING THIS
SEASON'S ALTERNATIVE
TO PRINTS:
OPPOSING STRIPES

MULBERRY cotton
blend sweater; 212-256-0632.
SCHAI lambskin shorts;
FINEFOLK.COM. Earrings are
Wickersham's own.

Serene

point of view

A STRAPLESS JUMPSUIT
LOOKS A LOT LESS
SEVERE WHEN WORN WITH
SPORTY ACCESSORIES

ELIZABETH AND JAMES
strapless jumpsuit; **SAKS.COM.**
RACHEL RACHEL ROY
tweed cardigan; **MACYS**
.COM. OZ HUNTERS *leather*
and calf-hair sandals;
SOLESTRUCK.COM.
GABRIELA ARTIGAS *14k gold-*
plated choker; **GABRIELA**
ARTIGAS.COM.



Before playing brainy special agent Ellie Bishop on *NCIS*, the planet's most-watched TV crime drama, Emily Wickersham had to learn how to handle a gun. "I'd never even touched one before; they scare me," says Wickersham, who got a feel for it at home by practicing with a toy pistol. "I'd walk into a room, clearing doorways like a cop. Anyone who saw me thought I'd gone psycho."

It's called acting, people, though truth be told, Wickersham, 30, hadn't done a lot of it before landing the coveted gig. Other than a small role in the final season of *The Sopranos* (she played A.J. Soprano's girlfriend), the one-time Abercrombie & Fitch model flew mostly under the radar. So joining the cast of a monster hit like *NCIS*, replacing the popular Cote de Pablo, put her under pressure she'd never felt before. "But she never caved to it," says *NCIS* costar Michael Weatherly. "And she did it with an oppositional wall from fans who were upset that [de Pablo] had left the show."

Going from relative obscurity to everybody's living room hasn't changed things much, Wickersham insists, but it's probably just a matter of time. When she and the other cast members shot on location for one of the show's spinoffs, *NCIS: New Orleans*, "the attention was utterly insane," she says. "I thought, If this is my future, I'm going to have to get a wig and bigger sunglasses."

Not that her wardrobe isn't great as it is. Success has allowed Wickersham to indulge in some bolder fashion choices, including a chic black Céline Trio clutch and elegant bohemian pieces by a favorite designer, Isabel Marant. "I like a look that's classic but edgy," says Wickersham, who's married to rocker turned law student Blake Hanley. In other words, she's the opposite of her preppy *NCIS* character. "Bishop is super smart and socially awkward—more so than I am," she says. "But I love that she has a confidence that lets her handle any situation." Especially when she's packing heat. —**DAVID HOCHMAN**

Easy sensitivity

LAYER GRAYS IN A MIX OF FABRICS FOR A LUSH EFFECT, AND ACCENT WITH WHITE

HALSTON HERITAGE
wool blend coat; HALSTON.COM.
DONNA KARAN NEW YORK
silk cropped pants; DONNA KARAN.COM. **JIL SANDER NAVY**
leather loafers; STEVEN ALAN, 212-343-0692. **GILES AND BROTHER** rhodium bracelet; GILESANDBROTHER.COM.
RINGS THROUGHOUT:
GABRIELA ARTIGAS sterling silver ring; GABRIELAARTIGAS.COM. **PAMELA LOVE** sterling silver ring with rubies; PAMELALOVENYC.COM.

Finger painting

New and chic: the negative-space design, which leaves a stripe or section of each nail bed bare.

MANICURE
BY STEPHANIE STONE





9

SURPRISING SKIN-CARE MISTAKES

YOU WASH YOUR FACE BEFORE BED. YOU NEVER SKIP SUNSCREEN. YOU EXFOLIATE ONCE A WEEK. YET YOU COULD BE SABOTAGING YOURSELF. TIME TO MAKE OVER YOUR SKIN CARE WITH THESE NINE SIMPLE TWEAKS

BY DEANNA PAI

1. SKIN-CARE SLIPUP YOU CLEANSER YOUR FACE TWICE A DAY

UNLESS YOU NEGLECTED to wash your face with a makeup- and grime-removing cleanser before you went to bed, your skin is still clean when you wake up in the morning, and there is no need to rewash it, says Tammy Fender, an aesthetician in West Palm Beach, Florida. In fact, she says, if you cleanse aging skin too frequently, you'll strip away the natural oils in its protective barrier, which can lead to sensitivity and dryness. Fender says a better morning strategy is simply to rinse your face with water in the shower or wipe it gently with a little alcohol-free toner on a cotton pad. We like **BY TERRY** *Cellularose Hydra-Toner* (\$65; BARNEYS.COM) and **TAMMY FENDER** *Essential C Tonic* (\$55; TAMMYFENDER.COM). »



PHOTOGRAPHED
BY HANNAH KHYMYCH

2. SKIN-CARE SLIPUP YOU RUSH THROUGH YOUR REGIMEN

IF YOUR ANTI-AGING products seem to be underperforming, too-speedy application may be to blame. It takes a minute or two for skin care to be absorbed, says Fredric Brandt, MD, a New York City- and Miami-based dermatologist. If you slap on two or three serums or lotions one after the other without giving them time to soak in, they may thicken on your skin and never penetrate. So pace yourself: Put on your serum, brush your teeth and then apply moisturizer, Brandt suggests. Another reason to slow down: Slathering treatment products onto still-slick skin (damp from cleansing or showering) may increase the odds of irritation because wet skin can speed up absorption—a good thing if you’ve applied a simple moisturizer but not good at all if you’re putting on Retin-A.



5. SKIN-CARE SLIPUP YOUR EYE CREAM IS TOO RICH

CONVENTIONAL WISDOM holds that the thicker the eye cream, the smoother and plumper the skin. But while the eye area does need hydrating (it’s generally drier than the rest of the face), there are several downsides to choosing a Crisco-thick cream. “Products with occlusive ingredients, like petrolatum, can clog pores and create milia, pockets of dead-skin buildup that look like little whiteheads,” says Brandt. While milia are harmless, they are very difficult to remove yourself; most will need to be zapped off in a doctor’s office. Two other disadvantages of a very heavy eye cream: It can seep into your eyes while you’re sleeping and cause irritation and puffiness. Plus, heavy creams take longer to be absorbed, so we spend more time rubbing them in—and all that push-pull on the skin can compromise skin elasticity over time. Two superlight ones to try: **PHILOSOPHY** *Renewed Hope in a Jar Eye* (\$51; PHILOSOPHY.COM) and **LA MER** *Illuminating Eye Gel* (\$145; CREMEDELAMER.COM).



3. SKIN-CARE SLIPUP YOU SKIP A POST-EXFOLIATION STEP

MORNING AND EVENING aren’t the only times you need to apply moisturizer, says Heidi Waldorf, MD, associate clinical professor of dermatology at Mount Sinai Hospital in Manhattan. You need to do so after exfoliating with a scrub or peel, and ideally you’d use a product with humectants (such as glycerin) and an occlusive (such as oil). Why? Exfoliation removes dead cells that didn’t slough off naturally. That exposes the protective barrier underneath, which lets out water, increasing the risk of dehydration. To reseal the barrier, try one of Waldorf’s favorite post-exfoliation hydrators: **AVÈNE** *Cold Cream* (\$20; DRUGSTORES) or **EUCERIN** *Original Healing Crème* (\$13; DRUGSTORES).

Not only does exfoliation on its own allow the skin’s moisture to evaporate, but it also reduces the skin’s defense against irritants. The possible result: inflammation and redness. That’s another reason to apply moisturizer after sloughing.



4. SKIN-CARE SLIPUP YOU UNDERAPPLY YOUR SUNSCREEN

“IN MY PRACTICE, we sometimes shine a black light on a patient’s face to show them how effectively—or ineffectively—they’ve applied their daily sunscreen,” says Francesca Fusco, MD, a New York City dermatologist. “Particularly if it’s after lunch, the area around the mouth is often wiped clean of sunscreen—a problem because cancer of the upper lip is on the rise.” Other spots that are overlooked: the hairline, the neck and the ears. To remedy this, tote a travel-size bottle of sunscreen and pat it around your mouth after meals and on your ears and cheeks after talking on a cell phone. We like **SHISEIDO** *Ultimate Sun Protection Cream SPF 50+ with WetForce Technology* (\$36; SHISEIDO.COM). »







6. SKIN-CARE SLIPUP YOU GAVE UP ON RETINOIDS

ALMOST EVERY dermatologist on the planet says Rx-strength retinoids, a topical form of vitamin A available in creams such as Retin-A and Renova, are the gold standard of anti-aging ingredients. They stimulate collagen production and rev up cell turnover, which slows with age, to reveal fresher, more radiant skin. The problem: “People often apply too much, too often,” says Brandt. Overuse can lead to flaking and redness, which prompts many to give up these creams altogether. A better tactic: Apply your retinoid just two or three times a week before bed. Continue that regimen even if you see some flakes and redness. “If you start and stop, you will never get through the acclimation stage,” says Brandt. To help prevent flakiness, apply a gentle moisturizer such as **NEUTROGENA Hydro Boost Water Gel** (\$18; [DRUGSTORES](#)) before the retinoid. For most people, says Brandt, the results will be worth it: In about three months, the irritation will subside, and you’ll have smoother, firmer, brighter skin. Once you’ve been irritation-free for at least a month, add one more night of retinoid application. Your skin may have to adjust again, but this period will be shorter and less intense than the first.



7. SKIN-CARE SLIPUP YOU’RE ANNIHILATING YOUR ACNE

IF YOU WERE a teen in the 1970s or ’80s, you were probably taught that oil plus grime equals acne. As a result, many of us still react to a flare-up by cleansing like crazy and piling on products. The trouble is, our skin is not as thick or resilient as it was back then, and aggressive antiacne treatments are majorly irritating, which can make pimples look worse. Instead, use gentle acne products on broken-out skin (e.g., a touch of sulfur rather than benzoyl peroxide, or glycolic acid rather than salicylic) and err on the side of using too little, says Fusco. Try **KATE SOMERVILLE EradiKate Mask** (\$54; [KATESOMERVILLE.COM](#)), which contains sulfur, or **PETER THOMAS ROTH Glycolic Acid 10% Hydrating Gel** (\$48; [ULTA.COM](#)). For prevention, most doctors advise using retinoids or glycolic acid to slough off the dead cells that can congest pores and lead to breakouts.

Skin needs to adjust to retinoids. If Rx versions are too irritating, start off by using an OTC retinol cream a few nights a week, then increase to nightly use and finally switch to an Rx when you can tolerate it.



8. SKIN-CARE SLIPUP SUNSCREEN IS THE LAST PRODUCT YOU APPLY

A CHEMICAL SUNSCREEN (with active ingredients such as avobenzone) needs to be absorbed by your skin to work. It’s likely that layering it on top of other products will compromise how well it protects skin against sun damage, says Neal Schultz, MD, a dermatologist in Manhattan and creator of the skin-care line BeautyRx. For better protection, apply your sunscreen first, then topical treatments. Or choose a multitasking sunscreen that moisturizes so you needn’t layer. We like **ROC Multi Correxion 5 in 1 Perfecting Cream SPF 25** (\$29; [DRUGSTORES](#)) and **AVEENO Protect + Hydrate Lotion Sunscreen SPF 50** (\$10; [DRUGSTORES](#)). If you prefer applying sun protection as your last step, opt for a physical sunscreen, which uses the inert minerals titanium dioxide and zinc oxide to reflect UV rays. Try **NEUTROGENA Pure & Free Liquid SPF 50 with PureScreen** (\$13, [DRUGSTORES](#)).



9. SKIN-CARE SLIPUP YOU APPLY YOUR ANTIOXIDANT SERUM ONLY IN THE MORNING

ANTIOXIDANTS BOOST the endurance of sunscreen and fend off free radicals during the day, but you should also slather them on at night. Say what? “Certain antioxidants have extra benefits, like soothing inflammation or treating dark spots, which is why a serum’s directions often read to apply twice daily,” says Karyn Grossman, MD, a dermatologist based in Santa Monica, California, and New York. An option to fight inflammation and free radicals: **SKINCEUTICALS Resveratrol B E** (\$145; [SKINCEUTICALS.COM](#)). ☉



YOU ONLY THINK YOU KNOW

P A R I S

FOR A NEW travel series that starts here, we asked our favorite insiders for shops, treats and hotels they tell only their friends about. **Lyssa Horn** takes us on a tour even Carla Bruni would love to join. **Interview by Gisela Williams**

PHOTOGRAPHED BY WILLIAM ABRANOWICZ



IF YOU WANT to feel as though you are living in a home-away-from-home when you visit Paris, **Special Apartments** (specialapartments.com) is a terrific resource, run by people with great taste. The rentals they offer, such as this one on the rue Gramont, are the best in the city. **OPPOSITE:** **HORN** on one of the winding streets of Montmartre, with her dog, Scruffy.



MERCI,
IN THE MARAIS

LYSSA HORN was born and raised in New York City, but from the age of 13, after a family trip to France, she knew that Paris was her true home. “It was my birthday,” she says, “and my dad gave me a croissant with a lighted match stuck in it and said make a wish. I wished that I would live here one day.”

She finally got her wish, moving to Paris in her early twenties to work as a freelance fashion stylist. Soon after, she was hired as *Vogue*’s European editor. “In the ’80s, I had a phenomenal apartment with a view of the Eiffel Tower,” she says. “I was the happiest girl in the world.” A few years later, she became the European design director for Ralph Lauren. “I went to antique stores, flea markets, design houses and auctions all over Europe,” she recalls. She then moved on to Barneys.

A few years ago, she started her own Paris-based freelance consulting business (lyssahornconsulting@gmail.com), helping clients from all over the world with everything from interior design jobs to hunting for antiques. “Basically,” she says, “when someone wants to find the crème de la crème of Paris, they come to me.”



LE CELLIER DE
LA BUTTE

A DISH FROM
SEPTIME



Belle de Jour (belle-de-jour.fr) offers antiques and modern reproductions of crystal and glass pieces—all related to the boudoir—from the time of Cleopatra to the present. Walking into this store is like entering another century. The owners are extraordinarily knowledgeable. They also have an impressive collection of advertising prints for sale.

Romantic Secret Dinner (romantic-secret-dinner.com) is a jewel known only by word of mouth. It is so lovely, with views of Sacré-Coeur, that people come here to propose. The chef is French, and the maître d’ is British. He worked for Queen Elizabeth and Princess Diana, so when they do afternoon tea, it’s the real deal. The flower arrangements are amazing, and you can take the one from your table when you leave. »



THE QUINTESSENTIAL

Parisian designer is
Azzedine Alaïa, who has this
new boutique just off the
avenue Montaigne (alaia.fr). I also
love Rei Kawakubo, who founded
Commes des Garçons, and
Martin Margiela. But I have one
Alaïa dress that makes
me feel like a princess every
time I wear it.

MY FAMOUS

but discreet clients like to stay at **Hôtel Particulier Montmartre** (hotel-particulier-montmartre.com), which is behind a gate on a private walkway. Guests love feeling they're in the woods, hidden away in a secret and secluded location. It used to be a private home owned by the Hermès family. Even if you are not a hotel guest, you can book brunch on Saturdays and Sundays or have drinks in the attractive bar.



THE WINES AND CHEESES at **Le Cellier de la Butte** in Montmartre (113 rue Caulaincourt) represent the best regional products. You'll find phenomenal wines from small vineyards, and the owners are true experts in everything they sell.

Librairie BDNET (bdnet.com) is renowned for its huge selection of comic books (*BD* stands for *bande dessinée* in French, which means “comic strip”). However, few people know there's a children's book and toy store in the back, reached through an arch covered in ivy. It's a magical place.

THERE IS NO MENU at **Septime** (septime-charonne.fr). Instead, the chef, Bertrand Grébaut, prepares surprise dishes each day based on the freshest and most delicious ingredients available. He wants you to have faith that everything he serves will be as exciting as you can imagine.

La Ferme Saint Simon (fermestsimon.com) is a cherished, classic restaurant, recently renovated, with a long history of exceptional food and loyal customers. I used to take the American fashion editor Polly Mellen when she came to Paris for the shows. A very talented female Japanese chef now oversees the kitchen, and the meals are as great as ever.

Merci (merci-merci.com) is a department store in a charming building that was a wall-paper factory for 150 years. It was founded by the husband-and-wife team who created one of the most exquisite children's clothing lines in the world, Bonpoint. I love everything they sell here: kitchen accessories, stationery—all charming and on trend. They donate profits to an educational foundation as their way of saying thank you to life.

I COULD NOT SING Paris's praises without raving about one of the world's most influential fashion and merchandising schools: the **Paris Fashion Institute** (parisfashion.org). I've been lecturing there since I worked at *Vogue*. The program runs twice a year, for four weeks in June and September. »



BELLE DE JOUR



LIBRAIRIE
BDNET



A DISH FROM
LA FERME SAINT
SIMON



ANOTHER LITTLE-KNOWN treasure is **7L Book Store** (librairie7L.com), which opened 15 years ago. Only people who are passionate about books are aware of this remarkable store. It's owned by one of the brightest men I have ever met: **Karl Lagerfeld**.

FOR VINTAGE CLOTHING, I recommend **Ragtime** (23 rue de L'Echaudé, in the 6th arrondissement), owned by Françoise Auguet, a leading expert on haute couture widely admired for her taste, who has helped designers amass amazing vintage collections. Her pieces are used on stage and in films.

L'Hotel (l-hotel.com) is a classic hideaway on the Left Bank for the famous seeking privacy and has been since the 19th century. It offers a magical experience. The staircase that leads to the skylight is breathtaking. The bar is amazing, and there's a pool on the lower ground floor.

MY FAVORITE RESTAURANT in the world is **L'Ambroisie** (ambroisie-paris.com). I went there when I had just moved to Paris, and I was treated like royalty. Many three-star Michelin restaurants are still snobby, but this one wasn't at all, even back then. You are taken care of as if you are a guest in a private home. Every plate is a work of art. Everything is bought that morning and made fresh that day.

MARCEL (restaurantmarcel.fr) is right around the corner from the avenue Junot, which swoops around the middle of Montmartre and is lined with buildings where famous writers, painters and musicians lived and worked. It is packed with young hip couples who queue up for the excellent American-style comfort food (pulled pork burger, Reuben sandwich).

FOODIES FROM ALL over Paris go to **Marché des Enfants Rouges** (39 rue de Bretagne, 3rd arrondissement) because the vendors sell food from all over the world.

L'Hotel Amour (hotelamourparis.fr) has a loyal following among fashion people, especially for its restaurant in the back, which has a beautiful garden that most people don't know about. ☺

GISELA WILLIAMS writes for the *New York Times*, *Vogue* and the *Financial Times*. Based in Germany, she cohosts *Berlin Stories* for NPR. @giselaatlargo on Instagram



RUE DE MARTYRS



MARCEL RESTAURANT



ROMANTIC SECRET DINNER



PHOTOGRAPHED
BY ANDREW B. MYERS /
ILLUSTRATED
BY LA TIGRE





REAL-LIFE REINVENTION SECRETS

SOME REINVENTED BY CHOICE, OTHERS BY NECESSITY.
BUT THESE SMART, GUTSY WOMEN, INCLUDING HUNDREDS OF READERS SURVEYED
ON MORE.COM, ALL MADE CHANGES THAT ULTIMATELY LED THEM TO GREATER SUCCESS AND
HAPPINESS. LET THEIR LIVES BE YOUR GUIDE

CAREER RECALIBRATIONS

IN OUR SURVEY,

92%

of you said you changed
your life sometime in the past
five years.

84%

tweaked your job or
career. Most popular moves:
creating (or buying)
a business, going back
to school.

←
HOW YOU DID IT
→

PUSHING PAST FEAR

I left a promising corporate career in June and moved from New York City to Silicon Valley to work for a health and beauty start-up as its director of brand marketing—employee number nine. Unlike corporate America, start-up life is undefined. There are many sacrifices and trade-offs. But I didn't want to allow the fear of uncertainty—personal, financial, professional—to prevent me from realizing something amazing. I'd prefer to be a complete failure than live in complete fear. I'm a 34-year-old, MBA-educated, strong-minded black female, definitely not the norm for Silicon Valley. But no matter what happens here, I will never look back and wonder, What if. —*Raquel Lachman*

EXCITEMENT FROM THE LAUNCHPAD

1

"BECAME AN Internet social entrepreneur. Early days. The jury is still out."

2

"QUIT MY corporate job and bought my own business—purchased just a week ago!"

3

"I OPENED a store. Women's fitness clothes. It's been in business only three weeks, but I'm loving it."

4

"I REGISTERED a new company name today with the state of New York."



REINVENTING IN PLACE



"IF YOU FIND YOUR CURRENT job is no longer satisfying, that doesn't necessarily mean you have to leave. I changed my career focus and gained more free time and less stress, but I did it at the same company. If they really value you, they'll want you to stay, even if it's in a different role."



"I DECIDED TO DEVOTE myself to independent consulting rather than continue traditional job hunting. It's been a more satisfying, productive and lucrative use of my time and energy! I started saying yes to one small project at a time. Then I found what I like doing best, so now that's how I pitch my business and skill set."



"I TOLD MY EMPLOYER in Connecticut that I was moving back to Florida. I didn't think telecommuting was possible, but I brought it up anyway and my manager said yes. Explore all the options, even if you don't think they are viable."

REINVENTING YOUR REINVENTION

"I TOOK THREE YEARS off to work in the nonprofit sector. It was very rewarding, but it made me realize that I really loved my original career path in design." 📍

A SPY STARTS OVER

Valerie Plame Wilson

CIA operations officer whose career was derailed in 2003 when her cover was blown during the Iraq War

I'D HOPED TO SPEND my career as a senior intelligence officer serving my country overseas. But it didn't work out that way. When Osama bin Laden was killed and those huge trash bags of hard drives and files were brought back to CIA headquarters, I really wished I could have been there to see them. But you can't look back. You can be sorry about it, but you have to move forward. How do I find something that makes me feel good and I can still pay bills? I started my memoir, *Fair Game*, after I left the CIA, then completed it during our move to Santa Fe. Then I cowrote—with Sarah Lovett—*Blowback*, the first in a spy-novel series. I've always been dismayed at how female CIA officers are portrayed as cardboard cutouts and arm candy. Carrie on *Homeland* is fabulous TV, but I can assure you there are no bipolar ops officers. I wanted to write a strong female character that was much more realistic but also entertaining. Our second novel, *Burned*, just came out. I am also busy doing advocacy work on nuclear nonproliferation, being involved in my community and driving my 14-year-old twins around. So you recalibrate all the time: What's not working, what is? That's one of the reasons I worked well with the CIA. You constantly have to adjust. And I'm OK with that. 📍



WORDS THAT INSPIRED YOUR LEAP

"GET OUT of your own head; it is a dangerous and limiting place."

* * *

"IT'S NOT the change that makes a difference. It is how you handle it."

* * *

"IT AIN'T for life, and it might be fun."

* * *

"LIFT AS you climb in your career. There is more than enough room at the top."

* * *

"DON'T THINK about how old you'll be once you are established in a new venture. You will be that age anyway. Might as well be that age and be happier."

AN EMPTY NESTER RAMPS UP

Angela Mariani

Founder and CEO of C&M Media, a fashion-PR firm

I'M A DIVORCED working mom, and now that the kids are away at boarding school, I have been able to love what I do in a way that I frankly haven't in a long time. I've always done a pretty good job, I think, but I was acting like the highest-paid employee, even though I own the company. Then I started looking at it more from a CEO perspective, drawing back and understanding the process—the orchestra leader as opposed to the lead violinist. Now my empty nest doesn't feel empty at all, because I have filled it with lots of stuff, with books, with my work, with my kids—I talk to them so much, I almost spend more time with them now than when they were at home. You can choose to see an empty nest as a burden, or you can say, Wow, I get to fill it with all these things now. I chose to see it as a joy. 📍

HEALTH & FITNESS FIXES

71%

of you took charge of your health. Yoga and weight training were top power picks.



SPIN RE-CYCLE

Rachel Hodges

Chair, South Carolina Governor's School for the Arts Foundation and former first lady of South Carolina

SOMETIMES IT SEEMED as if someone had flipped a switch in my head, causing all of these physical, emotional and mental frustrations to develop that had never been part of me before I turned 50. Things like weight, anxiety, doubt, panic and lack of joy. I needed a release valve. That release was Spin class. My first time, the guy next to me sweated a river below his bike, while the grandmother in front of me kept pace without hesitation. I came off the bike with saddle sores, a drenched T-shirt and an overwhelming feeling of release. I could barely walk to my car, but I was definitely going back for more. That was 18 months ago. Now I do an hour three times a week, and my doctor says my numbers have never looked so good. My zipper is no longer an issue. And I no longer anguish over being in front of a crowd, behind a podium or at a board meeting. Self-confidence, creativity, ideas, problem solving—I take care of it all on the bike. For one hour three times a week, all I must do is pedal while my body, mind and spirit benefit. 🚴

HOW YOU STAY STRONG AND ZEN-TERED

1

"CANCER CHANGED the way I breathe, so I went from hard-core cardio to yoga and Pilates. It forced me to slow down, quiet my mind and focus on the now."

2

"I ACCEPT my body size and enjoy hiking, running, etc. I've stopped chasing skinny."

3

"WHILE CARING for my aging parents, I switched my fitness routine from calorie burning to stress relief. It was a lifesaver."

4

"TOOK UP kickboxing and discovered I love to hit back."

THE 30-DAY RULE

Cathy Lanier

Chief of the Metropolitan Police Department, Washington, D.C.

AFTER 30 YEARS and several tries, I stopped smoking on February 16, 2013. That same day, I started working out twice a day. I began by just walking on the treadmill. I also stopped eating after 4 p.m. I did this for about 30 days, and I lost 24 pounds. And I've kept the weight off. During that time, I just kept marking the calendar and saying, Yep, 30 days. I can do this. Every time I craved a cigarette, I got on the treadmill. If I wasn't near one, I'd still get up and walk around. After two or three minutes, it would pass. Anybody can do anything for 30 days. Just tell yourself, "Afterward, I can go back to smoking if I want to." But in the end, you're going to look and feel so much better, you'll want to keep going. As I have. 🚶

STYLE SWITCH-UPS

62%

of you made a fashion change.

63%

shook up your beauty routine.

You've dared to try more form-fitting clothes and bolder fragrances. And sunscreen is your new best friend.



THE BEAUTY OF CHANGE

"WEARING FLATS now.

At five foot two, I always felt it necessary to wear heels to work."

* * *

"I CUT OFF a foot and a half of my hair and have a boy cut with pomade. People openly admire my look now."

* * *

"STOPPED WORRYING about the size and just bought something that fit me well."

* * *

"AT AGE 40, I started wearing all black and white clothes to simplify my life."

* * *

"I STOPPED putting chemicals in my hair to straighten it. I'd been wanting to stop relaxing my hair for years."

* * *

"I'M WEARING more makeup—mostly Trish McEvoy products, which seem like makeup for the non-makeup wearer!"



NEW LEADER, NEW LOOK

Carrie Hessler-Radelet

*Promoted to
Peace Corps director last June*

MY PREVIOUS ROLE, as deputy director, was an internal job. I usually wore pants, flats and ethnic jackets, with my hair in a ponytail. But now I'm often on the Hill or meeting with ambassadors from foreign countries, so I need a more professional look. But I have to be equally comfortable in a boardroom or a mud hut. When traveling, I wear a sleeveless dress that I can top with a suit jacket, then switch to flats and a linen jacket or colorful sweater. There's often no electricity or running water, so I decided to go with short hair. I do blow it dry at home, but it's wash-and-wear, so it can also work in rural Africa. ☺

←
HOW YOU DID IT
→

DRESSING FOR BACK-TO-SCHOOL SUCCESS

I LEFT A 20-PLUS-YEAR career in human resources to fulfill my dream of being a nurse, returning to college for another degree at 46. Absolutely thrilling! I feel like I am finally doing what I was born to do. But the transition from dressing for a corporate job to being a student again was frightening. Shopping for clothes and shoes is a whole different, intimidating experience; just leaving my high heels behind was pretty traumatic! I am still learning how to wear casual every day. Have embraced the ponytail. Really simplified my makeup and hair. It has been truly freeing. —*Jeannine Fergusson*

RELATIONSHIP REBOOTS

61%

of you made a change
in your personal connections.

Knowing yourself
better has led to the widening—
or narrowing—of your circle.

A TRICKY TRANSFORMOMTION

“I HAVE LEARNED that there are some situations I simply can’t control, specifically with my college-age children. They have to write their own chapters, and I hope that I am part of those chapters.”



COMPLAINT CURTAILMENT

“WHEN I WAS 45, a divorce forced change. I wanted to move to a more positive attitude. I started by meeting girlfriends and asking that they give me 10 minutes to complain about life but then move me forward. I also began to run, and my son, who was a collegiate runner at the time, had me divide the run in half. He told me to spend the first half bemoaning the difficulties of divorce but on my way home from the run to think about all the things I have that are wonderful. This strategy transformed me and helped me heal. I acknowledge my part in the marriage’s demise and have embraced single life. I know who I am now and who I connect with.”

MOVING IN

Norma Kamali

Fashion designer

I’VE FINALLY FOUND A SOUL MATE, and he and I got an apartment together. Until now, I’ve always had my own place. When you spend a good part of your life making decisions about everything around you, then all of a sudden someone else has another opinion, it’s like, Oh! But if they like to eat certain foods that you think are the most disgusting thing on the planet, well, because you love them so much, it’s like, OK, if they have to, then they do. When you find somebody who’s more important than the toothpaste cap or the temperature in the room, those habits are more a funny thing than a deal breaker.

←
HOW YOU DID IT
→

PERSONAL BLESSED

1

“I’VE RECOGNIZED that the faults I sometimes found in others were also there in me.”

2

“I’VE REALIZED the importance of active listening, especially to things that are not said.”

3

“I’M LEARNING to let go of past wounds and pettiness. This means letting go of my expectations and accepting people as they are.”

4

“CONFRONTED MY sister to improve our relationship.”

5

“SPENDING MORE TIME with my mom than I ever have before. So grateful to be able to!”

6

“MY RELATIONSHIP with a daughter-in-law had become strained. Recognizing I’d grown complacent about it, I redoubled my efforts to be gracious and open, and she responded positively. We’re mending!”



LESSONS FROM LOSS

JuE Wong

CEO of StriVectin skin care

IN THE PAST FIVE YEARS, my father, my husband, my mother-in-law and even my dog of 14 years all passed. And my daughter gave me quite a scare when her lungs collapsed at work. All these events combined have helped me appreciate the importance of perspective and of not taking anyone or anything for granted. Whenever I feel like I am going back to my old ways, I remember the many times my late husband wanted to go places on vacation; my answer would inevitably be “Later,” and unfortunately, “Later” will never happen for us. Which is why my personal mantra is now “Carpe diem.”

REINVENTING FROM THE INSIDE OUT

“WENT BACK to the old me. I like her better.”

LIFESTYLE LIFTS

58%

of you changed
the way you spend your off-
hours. There was more reading,
more reflection and some
surprising new activities.

50%

of you changed your
living space, style or location.
Some downsized, some traded
up—but decluttering
was key.

45%

of you have rethought
your relationship with a
higher power. Meditation, prayer
and solitude have brought
renewal to some; others are
grappling with the best
way to quench a new spiritual
thirst.

TEA TIMEOUT

Heidi Manheimer

CEO, Shiseido Cosmetics America

FROM MY BUSINESS travels to Japan, I've developed a greater appreciation for tea and its connection to cultural traditions, and on recent trips to Morocco and India, I enjoyed seeking out tea shops. Wherever you are, there's something very soothing and calming about a warm cup of tea. Now it reminds me to slow down, no matter how busy the day may be. ☺

GO RIDE A TRIKE!

Lela Rose

Fashion designer

ELEVEN YEARS AGO, I was looking for a way to get my son to school and my dog to the office. I found an adult-size tricycle on eBay with a basket in back, and I thought, OK, my son can fit in there, and my dog. I now have a regular bike, a trike that fits both my kids in a sidecar and another bike that fits both kids on the back. I ride to and from work, to the greenmarket, etc. If I'm wearing a long, flowy skirt, I'll just kind of tie it up on the side. A long ball gown is a little bit more cumbersome, so then I won't bike. But in a cocktail dress, it's very easy. ☺

DANCING QUEEN

Christiane Northrup

*MD, OB-GYN and
author whose latest book, Goddesses
Never Age, is out this month*

TAKING UP TANGO pushed more buttons and had a more profound effect on me than anything I've ever done. It's so sensual. The essence of tango is the relationship with your partner. I loved the intimacy of it, and I knew, as a doctor, that this was healing people. There are actually tango medical institutes, where they use it for people with Parkinson's and mental illness. It invites you to become fully yourself. It's a profoundly deep, moving meditation. ☺

ROOM TO BREATHE

"SEEMS LIKE FOR YEARS

I was saving things for 'someday,' and
someday came and went.

So we use our china, and all that stuff
in the attic is going!"

* * *

"KEEPING THE HOUSE

clean and tidy to allow new ideas."

* * *

"I SPEND A LOT of time outside
when I'm not working. I say yes to every
trip to the beach."



CUTTING DOWN TO THINK BIG

Leslie Blodgett

*Creator of BareMinerals and executive
chairman of Bare Escentuals makeup*

IT STARTED WITH my four-inch heels being pushed to the back of my closet and then trading in the sedan for a Mini Cooper. Then I gave up the 12-pound handbag for a cute bite-size one. All of a sudden I was downsizing. And I've been doing it in all aspects of my life: Working out fewer times per week, unsubscribing from lame email promotions. I feel lighter and faster and able to tackle the big stuff!

Marcia Kilgore

*Founder, Soap & Glory skin care
and FitFlop*

RECENTLY I'VE DECIDED to focus on the bigger picture more than ever before. The big picture really informs the rest of your decisions, so keeping your eye on it takes a lot of stress out of the daily details. Now, before I get riled up, I always ask myself, So what? or Who would care about that, really? ☺

ATTITUDE ADJUSTMENTS

81%

of you have recently
altered your outlook. You're
more mindful. More grateful.
And a lot less worried
about what other people think.

YOUR STRANGEST CHANGES

"I BEGAN WEARING *RED* shoes as my
lucky charm. Love them."

* * *

"GOT MY NOSE pierced for my
50th birthday."

* * *

"CHANGING FROM a cat person to
a dog person."

* * *

"AT 55, BECOMING a professional
dominatrix."



UNCOMMON SENSE

1

"I'M REALIZING that to be successful
and valuable as a human being,
one does not have to head corporations,
win Nobel Prizes or invent new
technologies."

2

"TURNING 60 made me forget
about rules. I now feel free to do whatever
I want. It's very exciting."



GETTING TO YES

Dee Dee Myers

*Former White House press
secretary, author
and political analyst who recently
joined Warner Bros. as head of
global corporate communications
and public affairs*

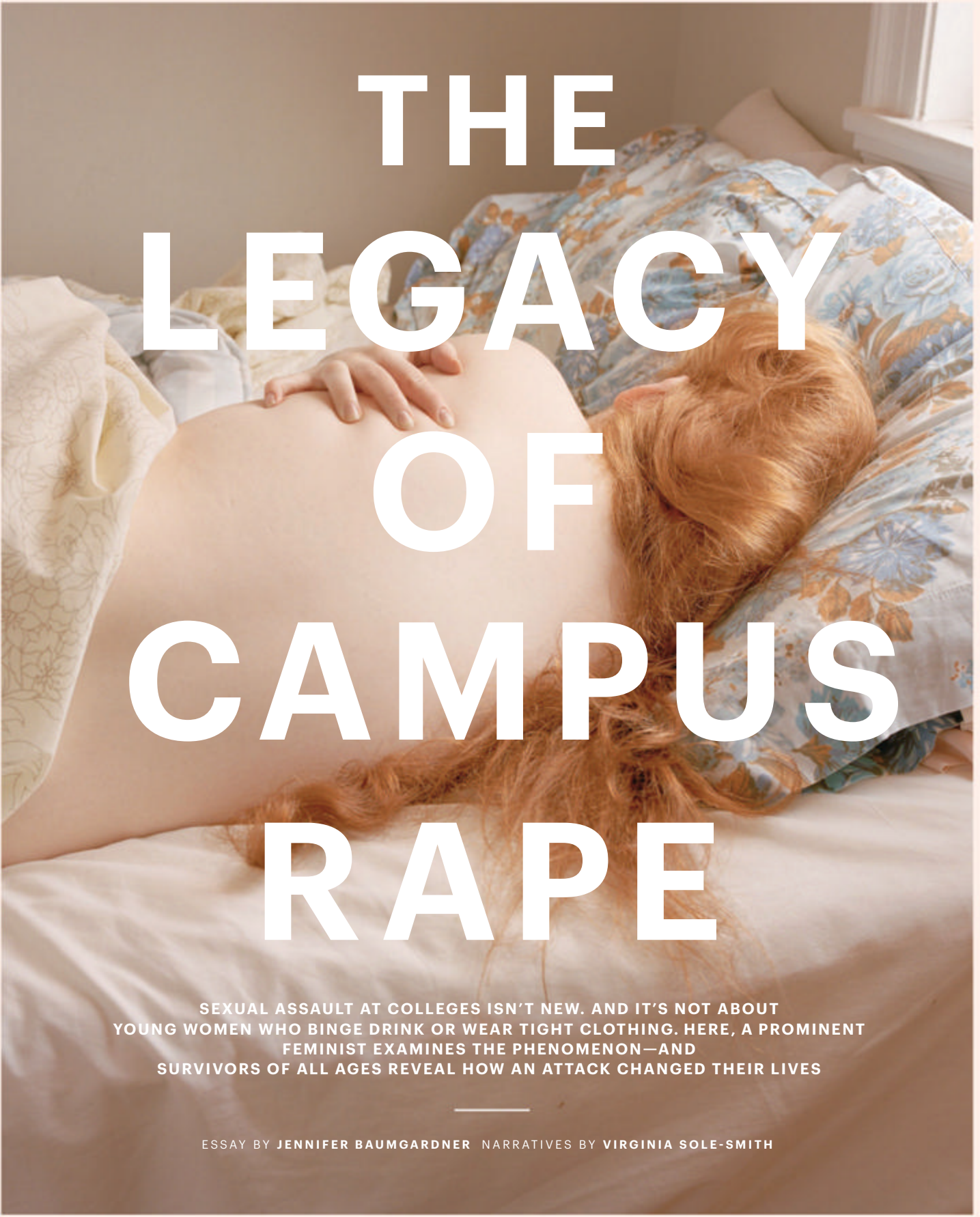
I'VE ALWAYS believed that opportunity
often strikes when you aren't looking for
it or least expect it. When I was offered the
job at Warner Bros., it took me totally by
surprise. The first thing I did was enumer-
ate all the reasons to say no: It would be
too hard on the kids. My husband would
have to restructure his job. As with so
many decisions, there wasn't an obvious or
easy answer. But the opportunity to try
something dramatically different, to essen-
tially reinvent ourselves in our early fifties,
was too compelling to turn down. ☺

TO YOU REINVENTION MEANS

"Discovering what I didn't think I
could do" * **"Growth beyond words"**
* "Becoming my authentic self" *
"Breathing again" * "Joy" * **"Resilience"**
* "Redemption" * **"Renewal"** * "Hope" *
"Freedom" * "Survival" * **"Power"**
* "Happiness" * **"Being honest
and willing to suck at something,
then working on sucking less"**

For more inspiring stories and tips, go to
more.com/reinvention2015.

Interviews by
REBECCA WEBBER AND
BEATRICE HOGAN



THE LEGACY OF CAMPUS RAPE

SEXUAL ASSAULT AT COLLEGES ISN'T NEW. AND IT'S NOT ABOUT
YOUNG WOMEN WHO BINGE DRINK OR WEAR TIGHT CLOTHING. HERE, A PROMINENT
FEMINIST EXAMINES THE PHENOMENON—AND
SURVIVORS OF ALL AGES REVEAL HOW AN ATTACK CHANGED THEIR LIVES

ESSAY BY JENNIFER BAUMGARDNER NARRATIVES BY VIRGINIA SOLE-SMITH

PHOTOGRAPHED BY JOCELYN LEE



JULIETTE GRIMMETT, 38

"I NEVER THOUGHT THIS COULD HAPPEN TO ME."

"FOR YEARS, going to the gynecologist was awful," says Grimm. "It didn't matter how nice they were or how quick—I did not want them to touch me." It brought her back to the night in 1995, her freshman year at Skidmore College, when she was sexually assaulted by a classmate in her dorm room after an evening of hanging out with friends. "I said every version of no, please stop. It went on for over an hour."

Afterward, Grimm didn't know where to turn or how to report the assault. "I'd always thought of myself as having a powerful voice," she says now. "Suddenly, I didn't want to tell anyone what had happened to me." When she did speak out, the college arranged an administrative hearing. The perpetrator claimed the sexual contact

was consensual, and the school found him responsible not for rape but for violating the honor code. His penalty was one year of social probation. "He could still go to class, play sports, live in the dorm and walk by me in the hall," Grimm says. "The rape itself was horrific. But being treated like I didn't matter by this institution—that's what I still struggle to make peace with day to day."

That effort is what inspires Grimm's work. She now lives in Raleigh, North Carolina, and trains universities in how to respond to campus rape. And her sons, ages five and two, gave Grimm another way to fight back. "What greater social justice can I do to prevent violence," she says, "than to raise two loving boys?"

M

Y OLDER SISTER

was raped at a high school party, the first time she tried alcohol. She drank too much too quickly, felt woozy and went into a bedroom to lie down. A guy she knew followed her in and proceeded to have sex with her. She was 14, and a virgin.

Although it made no logical sense, overnight her reputation went from painfully shy, viola-playing, straight-A student to wanton slut. Other girls shunned her and wrote epithets on her locker; boys preyed on her. At parties, guys would push her into bedrooms or put their hands up her shirt as she walked by. Virtually no one stood up for her or questioned why what happened should be seen as her fault. No one used the word *rape*. As she described it to me many years later, being assaulted was horrible, but the aftermath—the scapegoating, the shunning, the “slutting”—was worse.

It wasn't until we went to college, in the late '80s and early '90s, that my sister and I began to make sense of her experience. We suddenly had access to feminism in the form of women's studies classes, books like Susan Brownmiller's *Against Our Will*, Take Back the Night marches and rape hotlines. Crucially, we were surrounded by women who had been raped and who shared their stories.

Things were better than they'd been pre-1980s, when date rape hadn't even become a term, much less declared an injustice—when you could be gang-raped on campus and not a single college official was willing to hear about it. Or when you could report being raped by a man in a ski mask in your dorm bathroom and the police officer would ask why you were showering at night. Still, the situation was absurdly bad. In 1988, my freshman year at college, one of my friends was raped at a party and became pregnant; she dropped out, had the baby and changed schools, keeping mum about the whole experience for many years. Two women in my dorm were raped by the same international student. At another party, a woman I knew was trapped in a bathroom by her “friend” and not allowed out until she gave him a blow job.

I was aflame (in my crazy, conflicted, college-feminist way) with an urgent need to change things. I fought with the philosophy majors at frat parties about their claim that rape was “natural.” I scheduled meetings with deans where I angrily accused them of not caring about student safety and covering up the “real” rape statistics at my college, Lawrence University, in Appleton,

Wisconsin. The Clery Act of 1990 mandated that schools publish their crime statistics, but sexual assaults reported by Lawrence amounted to just two or three; meanwhile, I alone had heard of dozens. Inspired by students at Brown University, my friends and I anonymously published a “castration list”—the names of male students who had raped women we knew—and hung it in the bathroom in the student union. In the end, we didn't change much, but protesting the injustice and expressing rage felt good, felt important.

In the years since I finished college, productions of *The Vagina Monologues* and the movement it inspired, V-Day, have raised more than \$100 million in funds (and untold amounts of consciousness), and chapters of SAFER (Students Active for Ending Rape) have empowered students to understand and reform sexual assault policies on more than 40 campuses. Student organizers and feminist professors have laid the groundwork for what is happening right now: the most intense scrutiny of sexual assault and campus life since 1985, when *Ms.* magazine published the first national study of campus rape. That study popularized the terms *acquaintance rape* and *date rape* as well as the statistic (derived from the study) that one in four women is the victim of rape or attempted rape.

Most of the new energy stems from Title IX, the 1972 law that says no school shall discriminate on the basis of sex. The National Collegiate Athletic Association was the first entity to fight for an exception from Title IX, cementing the sports element of the law in the public consciousness, but the amendment covers all aspects of education. A school cannot condone an environment that is hostile to women—and doing nothing about campus-rape culture is certainly hostile.

Still, it wasn't until 2010, when Delta Kappa Epsilon fraternity brothers at Yale University stood outside the freshman women's dorms and chanted “No means yes; yes means anal!” that the protections of Title IX were brought to bear on campus rape. In 2011, Diane Rosenfeld, who is now a lecturer and the director of the Gender Violence Program at Harvard Law School, represented 16 current and former students from Yale in a Title IX complaint against the school. The legal action ended with an agreement that Yale would overhaul the way it deals with complaints of sexual misconduct. “Schools used to be worried they'd be sued by a guy accused of rape; now they are actually concerned about victims,” Rosenfeld says. “They rightfully want to avoid a civil rights investigation which could result in the school losing federal funding.”

Then, on January 22, 2014, President Obama announced the establishment of the White House Task Force to Protect Students from Sexual Assault, which, among other advances, supplies technical and policy support to student

WHAT YOU CAN DO

Women of college age are four times as likely to be sexually assaulted as any other age group. Raise your voice and:

EDUCATE Take the pledge and join the White House's “It's on Us” campaign to raise awareness of campus rape at itsonus.org.

ACTIVATE Support student activism and learn to mobilize a campus at cultureofrespect.org.

LEGISLATE Tell Congress members that you want them to vote for the Campus Accountability and Safety Act, which will require colleges to designate confidential advisers to help rape victims and stiffen the penalties for Title IX violations. —V.S.S.

PROTECT YOUR DAUGHTERS, PROTECT YOURSELF

Ending campus rape means changing our thinking, our laws and our culture of violence.

While we're working toward that future, we want our daughters to be able to call for help during an assault if at all possible. Some of these apps could even be downloaded mid-party:

ONWATCH Lets the user call friends or 911 with two taps. She can set a timer if she's in a vulnerable situation; if she doesn't enter her code when the timer goes off, the app alerts the cops (\$9.99 a year; on watchoncampus.com).

CIRCLE OF 6 Lets the user easily contact friends for a ride, to check in or to signal an emergency (free; circleof6app.com).

SAFETREK Hold down the "safe button" on the phone; when the button is released, the app dials the police. Cancel the alert with a four-digit PIN (\$1.99; safetrekapp.com).

MY FORCE One tap sends the phone's GPS coordinates to a 24/7 live team that contacts authorities (\$99 per year with code MYFORCE99; myforce.com). —v.s.s.

activists. It was the first time a sitting president used his bully pulpit to decry campus rape. And in September, Obama launched "It's on Us," an awareness campaign that asks men and women to make a personal commitment to end campus sexual assault.

Today there is an unprecedented convergence of presidential attention, government pressure and student activism. Women have tweeted and Facebooked their attackers' names, described their experiences in open letters that have gone viral and created websites to chronicle horror stories of enduring the campus judicial process (see @RapedAtTufts). Thanks to social media, antirape activists have historic levels of visibility, and at this writing, 90 schools are being investigated for Title IX noncompliance.

Are schools the best place to seek justice in these cases? Rape is a felony, so one might think a victim would be best served by reporting it to local police rather than to a dean. "But when I went with students to the district attorney, prosecutors wouldn't take the cases," says Susan Marine, who was the founding director of Harvard's Office of Sexual Assault Prevention and Response. "People say that colleges should get out of the business of adjudicating rape, but in many cases, especially cases of acquaintance rape, the student judicial process is a victim's only chance for justice."

Of the rapes that are reported to law enforcement, only 7 to 27 percent are ever prosecuted, according to an in-depth analysis by End Violence Against Women International. Rapes that don't fit what the study authors call "the cultural stereotype of 'real rape'" (which they define as rape by a stranger, involving a weapon and physical injury to the victim) are particularly unlikely to result in arrest. And attacks on college students often don't fit that stereotype. A student may have been drinking, she is likely to have been raped by someone she knows, and she may have had some degree of consensual sexual contact with her rapist.

Schools are obligated to enforce the civil rights provisions of Title IX, which guarantee an education in an environment that is not sexually hostile, and they can impose a range of sanctions on a student found responsible for sexual misconduct: They can expel that student, suspend him, move him to another dormitory or change his classes. Schools also

must respect the rights of a student after she has reported an assault, including not retraumatizing her with a bumbling or discouraging response. Legally, a student who has been raped is entitled to report it to the police. She also has the right *not* to report it to the police. Whether or not she makes a report, she is entitled to accommodations so that she and the accused are no longer in class or in a living situation together. Finally, the campus judiciary

CONTINUED ON PAGE 134

YOU CAN REPORT A RAPE EVEN DECADES LATER

Only 12 percent of college-age victims ever report their assault to the police, according to the Department of Justice. If you or someone you know was raped on campus years ago, you may think there's nothing you can do now. But that's not true. "There are many important reasons to report a rape, no matter when it happened," says Katie Koestner, executive director of Take Back the Night (TBTN). She notes that the average rapist will assault 12 to 17 women before going to prison. "There may be a whole trail of victims after you," she says. "Notifying the authorities can help make a conviction in those cases even if the statute of limitations is up on yours." Reporting your rape now can also provide a powerful sense of closure. Several women contacted by *More* for this story decided to report campus rapes that had happened decades earlier. Here's how to do it:

FIND THE STATUTE OF LIMITATIONS IN THE STATE WHERE THE ATTACK OCCURRED by visiting rainn.org/public-policy/laws-in-your-state. Criminal prosecution may still be possible, especially if the attack occurred before you turned 16.

REPORT TO THE CRIMINAL SYSTEM. Even if the criminal statute of limitations has expired, contact the police department in the town where the rape occurred and ask to speak to the special-victims unit or the officer who handles "sensitive crimes." He or she will walk you through the reporting process. If your rapist has moved away, you can also report the crime to the police department in the town where he lives now. "They won't be able to prosecute, since the attack happened out of their district, but if he rapes again, they'll have your story on file," Koestner says.

REPORT TO THE CIVIL SYSTEM. If you no longer are able to pursue criminal charges, you may still be able to sue for damages in civil court. TBTN offers free legal advice to survivors; click on "Request Legal Assistance" at takebackthenight.org/get-help/ to get a response within 24 hours.

REPORT TO YOUR CAMPUS. "Schools need to know this has been happening for a long time," Koestner says. "Many colleges don't recognize the statute of limitations—so if he's employed by the school or in any way affiliated as an alum, they can still hold a hearing." Your report will have more weight if it comes with a lawyer attached; the TBTN legal team can guide you through this process as well. —v.s.s. »



JENNIFER DICKERSON, 35

"TIME. THAT'S THE ONLY THING THAT MAKES IT BETTER."

"EVEN now, 17 years later, when my kids hug me, there's a second where I have to fight off panic," says Dickerson. "Because he choked me while he raped me. For three hours."

The assault happened in 1998, during Dickerson's sophomore year at Southwest Texas University; a male friend attacked her in his dorm room after a night of watching baseball and eating pizza. She told a campus police officer the next day but didn't officially report the rape to her college. "I was terrified in case they ruled against me, because I had to see him in class," she says. By the time she decided to go on the record, the student had withdrawn from school. "I never saw him again, but I've needed drugs to function ever since," says Dickerson, who suffers

from chronic anxiety. "I don't trust anybody. I was raped by someone I knew—but that just made me more scared of people I don't know."

For years, that meant grocery shopping at 2 AM to avoid crowds and only going to restaurants where she could sit with her back against the wall. Dickerson also got involved in an abusive relationship soon after the rape; it was three years before she felt able to leave. "It was easy for him to control me, because I already felt like I wasn't worth anything," she recalls. Today she is living in Colorado Springs, happily married with three children, and still trying to come to grips with her fear. "It's a work in progress," she says. "My life is completely different. But I can't let what happened control me. I know now that I deserve to be happy."



LORETTA ROSS, 61

"I VISITED MY TRAUMA ON MY BODY. IT WAS SUICIDE THROUGH CIGARETTES AND FOOD."

ROSS was raped three times before she turned 17; the attacks included incest that resulted in the birth of her son when she was just 15 and a gang rape that she says occurred in an off-campus apartment during her freshman year at Howard University. Ross never knew the names of her assailants. "I was so afraid of men," she says. "For a long time, I even thought I was becoming a lesbian. I did not want to be heterosexual."

For years she didn't speak out about any of the attacks, including the one near Howard. "This was 1970; it didn't seem to me that there was any way to report it or to hold these people accountable," she says. "It never occurred to me to call the police because I assumed I would be blamed for going to the party." She eventually started using

drugs, relying on them to block out the trauma. Then, in 1979, she became the director of one of the country's first rape crisis centers—and found herself unable to work the call-in hotline because she had not yet dealt with her own past. A colleague helped her find a therapist, and Ross quit using drugs. "I've been clean and sober since 1982," she says. "But I don't ever feel like I've healed."

Ross, who now lives in Atlanta, has dedicated her career to reproductive justice and human rights; in 2004, she served as codirector of the March for Women's Lives, one of the largest protest marches in U.S. history. "That rape crisis center is where I became a feminist," Ross says. "Turning pain into activism should happen more often."



DONNA L. POTTS, 52

"I WORRY ABOUT MY DAUGHTER. I DON'T WANT ANYONE TO PREY ON HER. SHE'S A LOT LIKE ME."

AN ENGLISH professor in Pullman, Washington, Potts engages her students by moving around the room as she teaches. But she's had to force herself to do that; for almost 20 years, she hid behind her lectern in every class. "I needed to conceal my body to feel safe," she says. Potts developed that protective instinct soon after she was raped in 1981, during her first year at the University of Missouri, by one of her professors. "My father had just committed suicide, and the professor invited me over, ostensibly to console me," she recalls. "The last thing he did before he raped me was to show me his daughter's room." The professor warned Potts not to tell anyone, but she says she disclosed the attack to a university psychiatrist. "His only reaction was, 'Well,

I bet a lot of men are attracted to you.' No one suggested that it was a crime. I struggled to even use the word *rape* for a long time."

Potts battled depression off and on for 30 years until she joined Pandora's Aquarium, an online support group. "My mother never accepted what happened; my oldest friend didn't believe me," says Potts. "I didn't have anyone to talk to who understood until I found other survivors." Now she pays it forward, serving as a moderator on the site and teaching courses on trauma in literature. "I spoke with a student who was raped on our campus recently, and she told me I was the first survivor she's ever met," Potts says. "In some ways, not nearly enough about rape culture has changed."



KATIE KOESTNER, 42

"I'M NOT EMBARRASSED. DON'T TREAT ME SENSITIVELY. HE WAS WRONG."

KOESTNER was attacked in 1990, after a dinner date during her freshman year at the College of William & Mary. "I was raised with conservative Christian values about waiting until marriage," she says. "I was a virgin and suddenly I wasn't a virgin anymore—and it happened without my consent, with me pushed up against a cinder block wall."

Koestner reported the attack to the dean's office and the campus police. The district attorney never pressed charges, but the university held a hearing; it found the accused guilty of sexual assault and banned him from her dormitory for the rest of the semester. He wrote a letter to the school newspaper claiming he'd been "wrongly branded as a date rapist" and the sex was consensual, and many students rallied

around him. "I was the subject of a 2,000-person petition saying I lied," Koestner recalls. "I was ostracized, my car was vandalized, but all of that made me strong and fearless. So it is what it is."

Koestner dropped her studies in chemical engineering for a women's studies—public policy double major and threw herself into antirape activism; she is now executive director of Take Back the Night. "I had to rethink everything I was ever told I had to do to get life right. Because now I knew what it was like to not have any power," says Koestner, who lives in Pennsylvania. "It took a long time for me to trust anyone." Today she thanks her husband for helping her readjust her view of the world. "Now," she says, "I believe that everyone is capable of change."





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What your doctor should know about women

We respond to many drugs and treatments differently than men do—with potentially dangerous consequences. Here, the sex differences that matter most **BY LINDA MARSA**

FIVE MINUTES into a cesarean section, Angela DeLessio-Morrison woke up to searing pain. “There was this intense burning, like my abdomen was on fire, and I could feel myself being cut and worked on,” recalls the Huntington, New York, resident. But because she had been sedated with paralytic drugs to prevent her from squirming, she was unable to scream and alert the doctors that the anesthesia had worn off. “I heard talking in the room; I heard the instruments. It was like being strapped down and tortured,” she says. For decades after her 1987 trauma, DeLessio-Morrison was “consumed

with terror” that she’d wake up during another operation. “I was continually reliving in my mind this horrible experience that no one else could understand,” she recounts.

What happened to DeLessio-Morrison stems in part from her doctors’ not realizing that women often respond differently to anesthesia than men do. Studies say women wake up from anesthesia faster and are three times as likely to complain of being awake during surgery. “In recent years, we’ve become more aware of these variations, but we still need to do more to identify gender-related risk factors,” says Daniel J. Cole,

MD, an anesthesiologist at Ronald Reagan UCLA Medical Center and president-elect of the American Society of Anesthesiologists.

Anesthesia is just one of many examples in which gender differences affect the outcome of medical care. Your sex influences the course of potentially life-threatening ailments such as heart disease and sleep apnea. Biological variation can also lead to dangerous reactions to drugs. While there have been moves in the right directions in research, gender differences are understudied, and even when they’re known, information does not necessarily make it to the average doctor’s office. “The scary



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truth is there is no way for us to know how many women are going undiagnosed or not treated appropriately because of our lack of knowledge,” says Janine Austin Clayton, MD, associate director for research on women’s health at the NIH.

THE MISSING DATA ON WOMEN

SINCE 1993 the National Institutes of Health Revitalization Act has required that women be included in NIH-funded clinical research; as a result, today about half of participants in these studies are female. The FDA has also investigated differences in how medical devices function in the two sexes. But the effects of gender often have not been tested in the earliest stages of research, when the work is done with animals and human cells. Scientists have avoided using female animals because they worried—unnecessarily, it turns out—that hormonal fluctuations and reproductive cycles would skew results. With human cells, the problem is that researchers were not aware that their sex matters; they have been studying cells largely without knowing whether they came from a male or female source.

“The overreliance on male animals and unidentified cells in preclinical research obscures key sex differences that could guide clinical studies,” says Clayton. For instance, research using female rodents has suggested that estrogen could play a role in protecting women against multiple sclerosis.

Last year, to remedy this research “blind spot,” as Clayton calls it, the NIH began developing rules requiring grant applicants to take animals’ sex into account in their applications. To put more muscle behind the rules, the NIH has requested that medical journals not publish the results of studies that don’t have this mix. The agency dispensed \$10.1 million to more than 80 scientists to underwrite exploring the effects of gender in studies with laboratory animals, cells and human subjects. “This scientific



effort by the NIH is a long-term investment that may pay off in new discoveries,” says Susan Wood, PhD, director of the Jacobs Institute of Women’s Health at George Washington University.

That could change the future of research. But right now there are many drugs and treatments on the market that have never been tested on women. “That’s why we need research and specialized training for doctors: to help them know what to do—and what to look for—when a woman is sitting in the exam room,” Clayton says.

WHY DRUGS AFFECT YOU MORE

UNTIL 1993, women of childbearing age were routinely excluded from trials of new drugs because researchers feared the chemicals might harm fetuses. With so many drugs tested almost exclusively on men, their effects on women didn’t become evident until after they were approved. But women experience a disproportionate share of adverse side effects, and many of these reactions are severe.

Eight of the 10 drugs pulled from the market from 1997 to 2000 were more dangerous for women, according to a Government Accountability Office study. These included the once-popular diet-drug combo fen-phen, which was taken primarily by females, as well as pills used equally by the genders, like Posicor, a hypertension treatment that slowed down or stopped the heart in some women, and the diabetes drug Rezulin, which caused liver damage in some women.

In 2013, for the first time, the FDA issued a sex-specific guideline for a drug. For women, the agency halved the recommended dose of the sleep aid Ambien, which was approved before gender equality in testing went into effect, and of other drugs that contain the active ingredient zolpidem. The reason: Women metabolize the drug more slowly, which means it lingers in their systems longer, putting them at

risk for overdoses and next-day drowsiness (a concern for drivers). According to a recent government report, from 2009 to 2011 women accounted for 68 percent of emergency room visits due to overdoses of Ambien and other drugs that contain zolpidem.

It’s not just zolpidem. Women process a big group of meds, including anesthetics, differently, and sometimes those discrepancies lead to dangerous consequences. With anesthetics, the disparities occur not only because women are smaller, which often means they need to be given lower doses to produce the right results, but also because women’s body chemistry is distinct from men’s. Numerous studies indicate that the liver enzyme CYP3A4, which is responsible for metabolizing more than half of all prescription drugs, is more active in women. Muscle-to-fat ratio is a factor as well: Some meds, such as tranquilizers known as benzodiazepines (for instance, Valium and Xanax), are attracted to fatty tissue, which is typically more abundant in a woman than a man, so these types of drugs stay in women’s bodies longer. Reproductive hormones also affect the metabolic processes that break down drugs.

Those physiological differences can create surprising—and at times significant—variations in the way men and women react to drugs. For instance, one small study suggests that the newer and widely used SSRI antidepressants may be more effective in women, while men tend to do better with an older class of depression medication known as tricyclics. Scientists suspect these different effects are caused by gender-related variations in some liver enzymes.

Some drugs place women at significantly higher risk of developing an uncommon condition called torsade de pointes—a potentially

part of the reason is that their symptoms are often different from men's.

The problem is that heart disease plays out differently for men and women, notes Rita Redberg, MD, director of Women's Cardiovascular Services at the University of California, San Francisco. About 90 percent of heart attacks in men are triggered by fatty plaque buildup, which obstructs blood vessels. Seventy percent of women also suffer from plugged-up arteries, but in the remaining 30 percent, their plaque is spread more evenly on blood vessel walls, which prevents the smaller arteries from dilating appropri-



The hormonal profiles of women with high blood pressure **are not the same as those of men.** This implies that some drugs may work better for men than for women.



fatal irregular heartbeat. For this reason, two possible troublemakers, the antihistamine Seldane and a heartburn pill called Propulsid, were removed from the market. Many medications that increase the odds of developing torsade are still being sold, including the heart drugs Cardioquin, Corvert and Norpace; some antidepressants (for instance, Zoloft and Prozac); some antipsychotic drugs (such as Haldol, Thorazine and lithium); and common antibiotics like erythromycin, when administered intravenously.

YOUR HEART IS DIFFERENT FROM HIS

THE American Heart Association's decade-long Go Red for Women campaign has greatly increased awareness of gender differences in heart disease. "The latest statistics show that female mortality is finally starting to decline," says Noel Bairey Merz, MD, director of the Barbra Streisand Women's Heart Center at Cedars-Sinai Medical Center in Los Angeles. But women still have lower rates of recovery and survival, and studies suggest

ately. That deprives heart muscle of oxygen, causing tightness, pressure or a burning sensation in the chest. Yet most medical therapies, such as statins and clot-busting drugs, are directed against the obstructive coronary disease that's typical in men.

In addition, more women than men receive misleading test results for heart disease. An angiogram is considered the gold standard for detecting blockages in coronary arteries. But that test may miss important problems in the small arteries in women, who are more likely to have dysfunction that does not show up clearly on an angiogram. Even standardized treadmill stress tests may not be as accurate in women because of their lower rates of larger artery blockages and higher rates of smaller blood vessel problems.

YOUR SNORING MAY BE MORE DANGEROUS

SLEEP APNEA is a serious disorder that occurs when a person's breathing is interrupted repeatedly during sleep, sometimes hundreds of times a night, and

CONTINUED ON PAGE 132

SHOULD YOU TAKE STATINS?

IN LATE 2013, the American Heart Association presented new heart-disease-prevention guidelines based largely on calculations of risk rather than cholesterol count, a change that should greatly increase statin use among healthy people. If the guidelines were fully implemented, the drugs would be taken by an estimated 22 percent of symptomless women between the ages of 40 and 75.

Statins are not risk-free: The drugs' known side effects include muscle pain, memory problems and increased risk of diabetes. While no one questions the use of statins in people who show signs of heart disease or who have extremely high cholesterol, many experts wonder if healthy women really need to be medicated. Doubters say that since comparatively few women were involved in clinical tests of statins, data on benefits for them are sketchy at best.

What's more, statins work mainly by ratcheting down levels of LDL (the "bad" cholesterol), which is not as big a heart risk for women as for men. High levels of triglycerides (a kind of blood fat) and low levels of HDL (the "good" cholesterol) present much more potent dangers for females, says Barbara Roberts, MD, a cardiologist at the Alpert Medical School of Brown University. Low HDL can be controlled by increasing your intake of monounsaturated fats such as olive oil. "If a woman does not have established heart disease or familial high cholesterol—which is inherited—then there is no evidence taking a statin will lower her risk of having a heart attack or dying of heart disease," says Roberts. "None."

CARNAL KNOWLEDGE



Q: I'm 35 and going through perimenopause. Sex isn't as good as it used to be, mostly because I sometimes experience pain. Do I have to live with this?

A: "Many women experience pain during sex, but this problem is never normal and is almost always fixable," says Lauren Streicher, MD, associate clinical professor of obstetrics and gynecology at the Feinberg School of Medicine, Northwestern University, and author of *Sex Rx: Hormones, Health and the Best Sex of Your Life*. The solution usually involves medication, surgery or pelvic-floor physical therapy, alone or in combination. However, you may have to see several physicians before you find relief. That's partly because sexual pain is complicated. It can be caused by dozens of conditions, including dermatological, neurological or hormonal shifts; pelvic-floor dysfunction; scarring from gynecological surgery; or, rarely, tumors. Another issue: Many physicians are not experienced in treating sexual pain. To find the right doctor, look for a sexual-health specialist at a nearby academic medical center or log onto the provider directories of the websites for the International Society for the Study of Women's Sexual Health (isswsh.org) or the North American Menopause Society (menopause.org).

Q: Do all men over 50 have trouble getting and maintaining erections?

A: If you watch a lot of TV ads, it may seem as if erectile dysfunction (ED) is rampant in this country. But while men can take longer to become aroused as they grow older, only about 12 percent of men younger than 60 and 22 percent of those 60 to 69 actually suffer from ED—technically, the inability to have sexual intercourse because of erection problems. The first step in dealing with ED is to get a thorough medical exam. Vascular disease, which affects blood vessels and impedes blood circulation, is the most common cause of the condition, explains Edward Cherullo, MD, associate professor of urology at University Hospitals Case Medical Center in Cleveland. Diabetes, smoking, excessive alcohol use, certain drugs (such as some antidepressants) and stress can also interfere with achieving and maintaining erections. Oral medications such as Viagra, Levitra, Stendra and Cialis can often help. "A lot of men are getting successfully treated," says Cherullo.

Q: I want to spice up my ho-hum sex life, maybe even with some light bondage. But how do I approach my partner?

A: Bring up the subject casually, especially if you haven't experimented much as a couple, advises Ann Hartlage, PhD, associate professor of psychology at Rush University Medical Center in Chicago. Chances are good that your partner has heard the buzz about *Fifty Shades of Grey*. To pique his interest, watch the movie together (it's out this month) or read passages from the books aloud to each other. Acknowledge that your request for bondage or sex toys like dildos is outside your usual neighborhood and give your partner time to digest the suggestion. Be clear that if a particular sex act winds up being a turn-off instead of a turn-on, either of you can halt the action immediately by saying "Stop." "People want to please their partners, and you may be surprised at how receptive your partner may be," Hartlage says. —WRITTEN BY JOAN RAYMOND

GOT A QUESTION ABOUT SEX?

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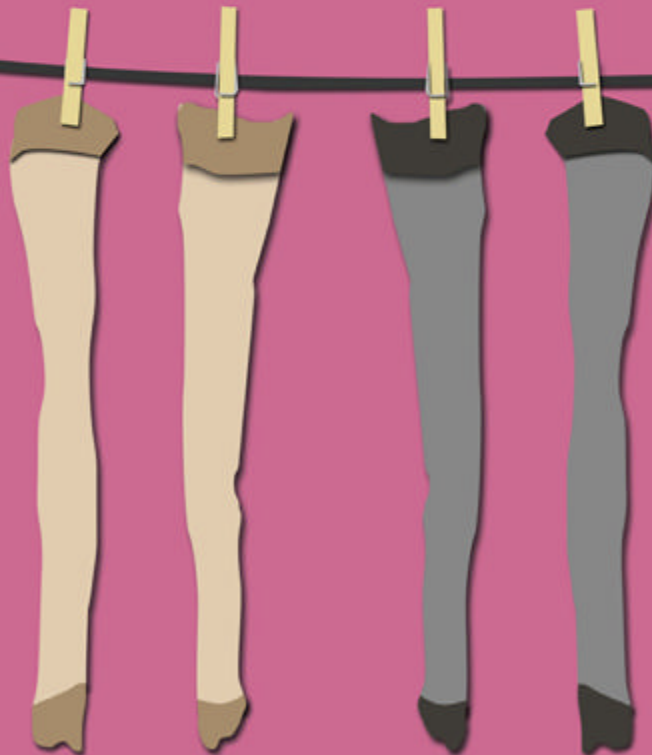
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WHAT'S UP, WHAT'S DOWN



IT'S BACK! The old practice of using your body weight—instead of fancy equipment—for resistance training (think push-ups) was named the number-one exercise trend in a survey of fitness professionals conducted by the American College of Sports Medicine (ACSM).

ADIOS, ZUMBA. The popularity of this Latin-beat cardio and strength workout soared from 2010 to 2013 (in 2012 it was ranked number nine) but has since plummeted. Zumba, the ACSM concludes, is a fad rather than a classic mode of exercise, such as yoga.

BUG OUT ON PROTEIN

THE NEXT trendy food may be lurking (and chirping) in your backyard. A number of entrepreneurs are betting that crickets—packed with protein and low in carbohydrates—will appeal to people who follow the Paleo Diet, which emphasizes protein and limits carbs. Turned into a flour (don't ask), crickets can form the basis of gluten-free pasta, muffins and cookies. The insects produce little greenhouse gas and contain more omega-3 fatty acids than salmon. Unlike some meat and fish, they don't carry the bacteria—such as salmonella—that cause food-borne illnesses. “Cricket protein hits the trifecta: healthy, sustainable and ethical—and that's why it's attracting so many people,” says John Durant, author of *The Paleo Manifesto*. Look for cricket flour from Bitty Foods and cricket protein bars by Chapul and Exo.

THE DOWNSIDE OF EATING RAW

WHAT'S FOR DINNER? For fashionable cats and dogs, it's often a home-prepared feast made up mostly of raw meat. Proponents feel this is healthy because uncooked food is close to what their pets would eat in the wild. And it fits in nicely with the raw-food diet followed by some extremely health-conscious humans (though that's mostly produce based). But for pets, a regimen of home-prepared, uncooked meat can lead to nutritional deficiencies, says Ohio State veterinary professor Tony Buffington, DVM, PhD. Also, raw meat often contains disease-causing bacteria, a danger to both pets and the humans who handle the food.

GOOD MOVE

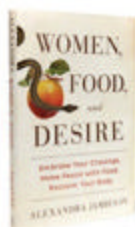
Building a better core

THE LATEST research says you'll get a stronger core (torso) if you exercise supporting muscle groups, such as your glutes (in your butt), along with ones in your midsection. The single-leg dead lift delivers on both counts.



1. Standing tall, shift weight onto right leg.
2. Keeping right leg slightly bent, tip torso forward while lifting left leg behind you until your body and leg are parallel to the floor, back straight. Let your arms hang down. Return to start position. Do 10 to 15 reps, then change sides. If you're having trouble maintaining your balance, touch a wall lightly while you're moving. *Source: Manhattan fitness expert Alastair Greer.*

BOOK OF THE MONTH



>>> WOMEN, FOOD, AND DESIRE by Alexandra Jamieson You may remember Jamieson as the disapproving wife-vegan chef in Morgan Spurlock's documentary *Super Size Me*. Since then, she has divorced Spurlock, started consuming meat and become a successful public speaker who helps other women eat more healthfully by understanding their cravings. One of her suggestions: Since people don't digest food well when stressed, don't eat while watching the nightly news.

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SECOND SEX...

CONTINUED FROM PAGE 65 self-pity well into college. But, you know, eventually . . .”

She trails off. *Eventually*. In writing my latest novel, I got to explore where anger goes sometimes and where it should go. In men I see the horrific results when it explodes out into the world, but more often I see the anger tamed, over time, into ambition and competition, two forces that usually get them ahead. In women it's more complicated. We look at women who've channeled that energy similarly, who seem overly competitive or ambitious, and decide that somewhere there must be something wrong. Are they bad mothers? Bad wives? So girls' anger too often goes elsewhere. In the case of my heroine, it leads to violent rebellion, but most women don't end up pillaging boats. Where does the anger go? I ask my sister.

“As it turns out,” she says wryly, “sitting in a place of anger, or resentment, or self-pity, just isn't effective. It can feel really good for a while, like trying on an old sweater. Cozy and familiar, but then all of a sudden you're like, Eww, this sweater smells bad—get it off me!”

We laugh together, as always. The bartender is used to us. We tip big because we've been loud and because, you know, we're nice. The answer to “Why should I be nice?” is that the world could stand more kindness and less anger. I'm glad my sister raises money and a family, as opposed to, say, terrorizing the high seas. Still, as I watch her leave to pick up her kids—the sitter is picking up mine—I wonder if asking women to be nicer is just another obstacle, something we should break before it breaks us.

A few days later, she emails me: “Three women I know are applying for this job I told them about. All three are asking lots of read-as-insecure questions (‘But do you think I'd be good at this?’). Meanwhile, this one guy I know who is applying just said, ‘Hell yeah, thanks so much, sending in my application right now.’ Very frustrating gender observation.”

“Does it make you angry?” I write back, reminding her of our conversation at the bar.

“Shut up,” she replies, and that might be the solution right there. ☺

DANIEL HANDLER's latest novel, *We Are Pirates*, is being released this month.

WHAT YOUR DOCTOR SHOULD KNOW

CONTINUED FROM PAGE 127 is usually accompanied by loud snoring. The disruption of breathing reduces the flow of oxygen to the body and brain, causing a cumulative deficit that can contribute to heart disease and brain damage—an effect that is possibly more severe in women than in men.

But sleep apnea is often missed in women, partly because the stereotypical patient is an overweight, middle-aged man. (The truth is that after menopause, females are as likely to suffer from this condition as males.) Another confounding factor is that women often have different symptoms than men. Instead of complaining about excessive daytime sleepiness, women more often report that they feel tired and down.

Too often physicians attribute women's sleeplessness to depression and prescribe pills to banish the blues rather than try to get at the root cause of their wakefulness, says Monica Mallampalli, PhD, director of scientific programs at the Society for Women's Health Research.

Yet even when women do sleep apnea tests at home, the diagnostic tools can fail to detect the real problems because often they aren't calibrated for females. “Women tend to have less of a drop in oxygen levels than men. That's because women are more likely to have episodes in which the airways narrow rather than collapse completely, as happens with men,” says Nancy Collop, MD, director of the Emory Sleep Center in Atlanta.

HYPERTENSION HARMS YOU MORE

MANY doctors are not aware that the latest research suggests that hypertension appears to do more damage to women than to men. For instance, in a recent study of men and women over age 53 with untreated high blood pressure, the women's blood vessels were 30 to 40 percent more diseased than those of men with a comparable level of hypertension. The women's arteries were stiffer and more inflamed, conditions that boost the risks of heart disease and stroke. Researchers led by Carlos Ferrario, MD, a cardiologist at Wake Forest Baptist Medical Center, also found “significant differences” in the biological mechanisms that cause hypertension in the sexes: The hormonal

profiles of women with high blood pressure are not the same as those of men. This implies that some drugs may work better for men than for women.

Despite these findings, “the general belief among clinicians is that therapeutic approaches for high blood pressure should be gender blind,” says Ferrario. However, he argues, “the drugs we use and the dosages shouldn’t be equivalent in men and women.” Treatment guidelines, Ferrario says, should be modified: Women may need to be treated earlier and more aggressively than men.

SPECIAL CONCERNS FOR DIABETICS

IT IS NOT common practice for doctors to emphasize heart disease prevention when they treat women with diabetes, but it should be. For instance, a 2013 study found that among women under 60, having type 2 diabetes raises the odds they will develop coronary artery disease fourfold, a figure much higher than previously believed, reports lead author Rita R. Kalyani, MD, an endocrinologist at Johns Hopkins University School of Medicine. For men in that age group, however, the study finds that the presence of type 2 diabetes has little or no effect on heart disease risk, probably because men already have high odds of developing that disease. (Type 1 diabetes also increases the danger of heart trouble in women.)

“When women get diabetes, the heart-protective effects of estrogen go away. That means younger women with diabetes have the same heart disease risks as men or postmenopausal women,” says Betul Hatipoglu, MD, an endocrinologist at the Cleveland Clinic. And among people with diabetes, the prognosis for heart disease is significantly worse for women than for men; women are more disabled by it, and they have lower survival rates when they’re hit by a heart attack.

“Our research suggests doctors need to work harder to prevent heart disease in women under 60 with diabetes,” says Kalyani. “Doctors need to understand the crucial importance of heart disease prevention for women of any age if they have diabetes.”

LINDA MARSA’s most recent book is *Fevered: Why a Hotter Planet Will Hurt Our Health and How We Can Save Ourselves*. @lindamarsa

WHAT YOU CAN DO TO PROTECT YOURSELF

The next time you receive a prescription, “find out what the drug’s effects are supposed to be so you can be on the lookout for effects that are not intended,” says the NIH’s Janine Austin Clayton, MD.

“If you’re being treated for heart disease but continue to have symptoms, find a physician at a women’s heart center to work with,” suggests L.A. heart specialist Noel Bairey Merz, MD. “If there isn’t one available in your area, then get a second opinion, preferably at a medical-school-affiliated facility.”

If you consistently wake up feeling tired, consider getting tested for sleep apnea. To boost the odds that the most advanced equipment will be used, go to a sleep lab that’s accredited by the American Academy of Sleep Medicine, suggests Nancy Collop, MD, director of the Emory Sleep Center in Atlanta.

The conventional wisdom is that people under 60 should strive for blood pressure levels below 140/90. If your numbers are above this mark, take the situation seriously—even if your doctor doesn’t—and try to improve your blood pressure by making lifestyle changes, suggests Carlos Ferrario, MD, a cardiologist at Wake Forest Baptist Medical Center.

If you have diabetes, talk with your physician about extra steps you should take—such as exercising more—to control your heart disease risk factors. “That’s a conversation that needs to occur now,” says Rita R. Kalyani, MD, an endocrinologist at Johns Hopkins.

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THE LEGACY OF CAMPUS RAPE

CONTINUED FROM PAGE 115 process must be clear, timely and fair. Says Alexandra Brodsky, a Yale Law School student and the founder of Know Your IX: "Title IX promises women and survivors that this is *our* campus, too."

Using Title IX as a tool to force colleges to pay attention to this issue is the best option we have right now. But as a journalist and filmmaker who has spent more than a decade interviewing women and men about their sexual assaults, I believe that the Title IX movement will become just another flurry of regulations if we don't fundamentally change our rape culture: the ways in which we all participate in misogyny and domination, such as the practice of slutting—turning women into scapegoats to whom one can do anything and it's their fault. My 2013 documentary, *It Was Rape*, is a staple of many sexual assault sensitization programs, and after screenings I typically hear from dozens of women (and some men) of all ages about their own assaults. Some of the most valuable activism I've ever participated in is listening to someone as she reveals a part of herself that has long been exiled and telling her, "I'm so sorry that that happened to you."

It Was Rape ends with a professor who was raped at a party her freshman year thinking about what she would say to her attacker if she could talk to him now. "I would ask him if he's strong enough," she says, "like I believe I am, to join this movement to end sexual violence—because he wants the world to be better for women and men." ☉

JENNIFER BAUMGARDNER is the director of *It Was Rape*; the author of *Manifesta*, *Look Both Ways* and *Abortion & Life*, among other books; and the executive director of the Feminist Press, which is helping produce the StopSlut movement (stopslut.org) to transform rape culture. @jenniferbedbaum

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STYLE AND SUBSTANCE

PAMELA BAXTER, PRESIDENT AND CEO, LVMH PERFUMES AND COSMETICS NORTH AMERICA, SHARES HER ADVENTUROUS APPROACH TO LOOKING AND FEELING GREAT. THIS IS WHAT 66 LOOKS LIKE

ON BECOMING A CITY GIRL I grew up on a ranch in South Dakota. When I was 12 years old, I ordered a pair of Italian shoes from a catalog for cash on delivery. When they arrived, my father looked at me like, “What’s this?” I said, “These are my shoes!” He signed for them and said, “You’d better go to college, because there’s not a boy in this town who can afford this.”

ON TAKING BIG RISKS I was working as a retail makeup artist in Los Angeles when I landed an interview in New York to be a national artist for Charles of the Ritz [then a very successful makeup line]. To pay for the plane ticket, I sold the car my mother had given me. She didn’t talk to me for a year, but I got the job.

ON ASKING FOR WHAT SHE WANTED Late in my career, I realized I wanted to be in fashion because that’s my true passion. So at a 2007 interview, I voiced that desire—which is how I became in charge of both fashion and beauty for Dior.

ON HER BUZZWORTHY SKIN STAPLE I love honey-infused products, like Fresh Crème Ancienne Ultimate Nourishing Honey Mask [\$130; fresh.com] and Guerlain Abeille Royale Face Treatment Oil [\$98; nordstrom.com]. My skin absorbs them so quickly in the winter.

ON BORROWING FROM THE BOYS One of my favorite scents is Dior Homme [\$84; dior.com], which is actually for men. I like fresh, citrusy perfumes, and the top note on that one is divine.

ON STEERING THE NEXT GENERATION I mentor students at the Fashion Institute of Technology and Columbia. It’s rewarding to be a sounding board for someone else.